



Cyan Magenta Yellow Black

**Easter Egg Hunt***Kids hunt for Easter treats at Riley's Conference Center*

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# Fort Riley Post

**Bass fishing***Soldiers compete in ESPN bass tourney*

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Friday, April 21, 2006

America's Warfighting Center

Vol. 49, No. 16

## VP visits Fort Riley



### Cheney thanks troops, families

*By Amanda Kim Stairrett  
Staff writer*

Words of patriotism floated among a sea of green April 18 as Vice President Dick Cheney thanked more than 10,000 Fort Riley Soldiers, family members and civilian employees at Cavalry Parade Field for their service and sacrifice during the war on terror.

Each Soldier is helping write a proud chapter in the history of freedom, Cheney said.

"At times, you may wonder if your fellow citizens truly recognize the extent of your achievements — how hard you've worked, how urgent and serious your business can be, and how it feels to say farewell to a fellow Soldier whose life is taken in combat," he said. "I want you to know that Americans do recognize it — and our whole country is filled with respect and with gratitude."

Cheney's visit is something he and his "brothers in arms" will remember, said Spc. Dale Sexton, Headquarters and Headquarters Company, 70th Engineer Battalion.

"I don't think anybody will forget this," he said. "It's a piece of history, not only for us, but for Kansas and Fort Riley also."

Soldiers and family members were shown true support, said Col. Eddie Perkins, Fort Riley chief of staff. The vice president was "very sincere" and the Soldiers enjoyed themselves.

**First visit since 1943**

Cheney's trip was the first time since 1943 that a U.S. president or vice president visited post. President Franklin D. Roosevelt attended open-air Easter services with 15,000 Soldiers and ate lunch at an on-post dining facility.

The Vice President's visit was beneficial to Fort Riley, said Sgt. Kelton Landon, a gunner in Company B, 1st Bn., 34th Armor.

"It was nice that someone of his caliber came down to give the troops a pat on the back," he said.

Fort Riley is a great Army post that has an important place in the life of the United States and in the history of freedom, Cheney said, and is on the leading edge of military transformation.

*See Cheney, Page 2*

**Soldiers and civilians applaud as Vice President Dick Cheney takes the podium during a rally April 18 at Cavalry Parade Field. This event marked the first presidential or vice presidential visit to the post in more than 60 years.**

*Post/Morelock***VP photos**

*See more photos of the Vice President's visit to Fort Riley on pages 2 and 11. More than 10,000 Soldiers and civilians attended the rally on post April 18.*







## Cheney

continued from page 1

### A welcome home

Cheney welcomed the 3rd Brigade Combat Team, 1st Armored Division, home from its deployment to Iraq, and bestowed the Valorous Unit Award on the 1st Brigade Combat Team, 1st Infantry Division, for heroism and gallantry during operations conducted in western Iraq between April and August 2004 in support of Operation Iraqi Freedom.

The Vice President visited the 3rd BCT, the Bulldog Brigade, at Camp Taji, Iraq, just before Christmas 2005.

"Your performance in the field — not just the progress you've made, but also the character you have shown — has left a lasting impression on people up and down the chain of command," he said to Soldiers in the Bulldog Brigade.

### Valor awarded

Pfc. Adam Paul, 1st Engineer Battalion, was proud the Vice President was at Fort Riley to grant his brigade with the Valorous Unit Award, and said sitting among thousands of his fellow Soldiers was overwhelming.

The brigade definitely earned its award, Sexton said.

"(They have) a bunch of good Soldiers, a lot of good vets," he said. "They deserved it."

Cheney also showed appreciation to Soldiers in the 4th Infantry Brigade Combat Team, 541st Combat Sustainment Support Battalion and 97th Military Police Battalion.

The visit comes before the late summer, or early fall, deployments of Batteries B and D, 1st Battalion, 5th Field Artillery; Companies B and C, 1st Battalion, 34th Armor; Companies B and D, 1st Battalion, 16th Infantry; Troop D, 4th Cavalry, 1st Engineer Bn.; Headquarters and Headquarters Company, 541st Combat Sustainment Support Battalion; 1st Maintenance Company; 774th Ordnance Company; and Headquarters and Headquarters Detach-



*Post/Stairrett*  
Vice President Dick Cheney shakes hands with a Soldier during his April 18 visit to Fort Riley. Cheney spoke for 15 minutes before presenting 1st Bde. with the Valorous Unit Award.

ment, 97th Military Police Battalion.

### Quitting not an option

Those Soldiers will aide in standing up Iraqi Security Forces, and Cheney said as those forces gain strength and experience, the United States would be able to decrease its troop levels without losing its capacity to defeat terrorists. Quitting is not an option, he added later, and that's "not going to happen on our watch."

"And as always, decisions about troop levels will be driven by the conditions on the ground and the judgment of our commanders — not by artificial time lines set by politicians in Washington, D.C.," he said.

Currently, 550 Fort Riley Soldiers are deployed to Iraq, Afghanistan and the Horn of Africa.

Twenty-year-old Paul said he will deploy for the first time in his military career with the 1st Eng. Bn. He said he has felt a range of emotions from fear to excitement, and he said he thought the Vice President speaking about not giving up was motivational.

"The terrorists will fail because Soldiers like you are standing in their way."

— Vice President Dick Cheney speaking to Soldiers, spouses and Department of the Army civilians.

"The terrorists will fail because Soldiers like you are standing in their way," Cheney said to the Soldiers at the end of his address. "You've shown yourselves worthy of the title you hold, the uniform you wear and the code you live by. You believe in America — America believes in you."

Amanda Kim Stairrett can be contacted at [Amanda.kim.Stairrett@riley.army.mil](mailto:Amanda.kim.Stairrett@riley.army.mil) or 239-3977.

See photo and story about preparations for the Vice President's visit on page 3.



*Post/Stairrett*  
Maj. Gen. Dennis E. Hardy, commanding general of the 24th Inf. Div. (Mech) and Fort Riley, and Vice President Dick Cheney attach a Valorous Unit Award streamer to 1st Bde.'s colors. During the brigade's service in Operation Iraqi Freedom, Soldiers withstood hundreds of small arms and rocket propelled grenade attacks and more than 550 improvised explosive device attacks. Soldiers also sponsored more than \$23.8 million in civil projects.



*Post/Stairrett*  
Vice President Dick Cheney waves to Soldiers before departing April 18. Cheney arrived at Manhattan Regional Airport aboard Air Force 2 and arrived at Fort Riley to a 19-gun salute performed by Btry. D, 1st Bn., 5th FA, and music by the 77th Army Band from Fort Sill, Okla.

# Bush says ending IED threat remains top priority

By Elaine Wilson  
AFPS

WASHINGTON — Crude, homemade bombs hidden in cars or by the side of the road pose the biggest threat to U.S. servicemembers and the future of a free Iraq, President Bush said March 11 in his weekly radio address.

"As we take the fight to the terrorists, they realize they cannot defeat us directly in battle, so they have resorted to brutal attacks against innocent Iraqis and American forces using improvised explosive devices," he said.

Bush said he is dedicating every available resource, the ingenuity of our best scientists and engineers and the determina-

tion of our military to defeat this threat.

"We face an enemy that will use explosive devices in order to shake our will, in order to foment violence in Iraq, in order to try to convince the American people that we can't win in Iraq," Bush said. "We're not going to rest until this danger to our troops has been removed."

With this goal in mind, Bush said his administration has established a new high-level command at the Department of Defense, led by retired Army Gen. Montgomery Meigs, former commander of U.S. Army forces in Europe and NATO's peacekeeping force in Bosnia. The Joint IED Defeat Organization comprises representatives from all services as well as

retirees, all dedicated full-time to defeating the IED threat.

"The general has spent a lot of time thinking about the enemy's tactics and techniques and how our military can adjust to them," Bush said after the latest in a series of IED briefings at the White House.

The briefings from Meigs, along with input from comman-

ders and Pentagon experts, "let me know what we're doing, so I can let the American people know that we recognize the nature of this enemy. We're addressing our tactics to defeat this enemy for the sake of peace, for the sake of the security of the United States of America and for the sake of peace

See IED threat, Page 9

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## Post, Army news briefly

### Class set for S2, security managers

The DSEC is holding its annual S2/Security Managers Course, open to all security personnel. The course will be held 9 a.m. to 4:30 p.m. June 26 and 27 at Riley's Conference Center.

All security areas will be covered to include COMSEC and Physical Security.

For more information contact Pete Paras at 239-3607.

### Reserve group sets farewell ride

Motorcycle riders from the 648th Area Support Group will bid farewell to Fort Riley by riding to Topeka for breakfast, April 29. After breakfast some riders will continue on to Kansas City for the Easy Rider Bike Show Tour. The bikers will start off the ride at the BP gas station in Grandview Plaza at 7:30 a.m. and will end for breakfast at IHOP, 1731 SW Wanamaker Rd. in Topeka.

### PW names 2nd quarter employee

Mr. Wes Hill was selected as the Public Works' Employee of the Quarter for the 2nd Quarter, FY 06. Hill serves as a fire fighter for the Fort Riley Fire & Emergency Services Division. He is dedicated to caring for the customers and totally professional when dealing with the public. This past quarter Mr. Hill set out to update and improve the Fire Department's communication policy when using mobile or portable radios. He was one of several employees who volunteered to step forward and fill a void within the Fire Department and at Fort Riley. This venture has involved many hours of study and training, of which Hill has pursued with enthusiasm and diligence. Hill is a valued member of the

Fort Riley Fire & Emergency Services Division and the Director of Public Works organization.

### Post graduation ceremony set

A combined graduation ceremony for Fort Riley military personnel, family members and civilian personnel who are graduates of local colleges or Servicemember Opportunity Colleges Army Degrees college programs at 1 p.m. on June 7 at King Field House.

For information on participation call Adelina Morales at 239-6481. On the morning of June 7 counseling services at Education Services Learning Centers will not be available from 10:30 a.m. through the end of the day for the graduation ceremony.

### Retiree class slated on post

The semi-annual pre-retirement orientation will be conducted from 8 a.m. to 4:30 p.m. May 5 at Riley's Conference Center. Registration will begin at 7:30 a.m. at Riley's.

This orientation is for individuals who have submitted their request for retirement; however, any Soldier contemplating retirement in the near future is welcome to attend.

The purpose of the orientation is to present information concerning rights, benefits and responsibilities in conjunction with retirement.

Soldiers who are eligible for early retirement because of medical reasons should also attend.

Spouses of retiring personnel and prospective retirees are invited and encouraged to attend.

For further information, stop by the Retirement Services Office in Building 210 or call 239-3320 or 239-3667.

# From field to coliseum in two days

## Teamwork ensures smooth transition for Vice President's visit

By Anna Morelock

Staff writer

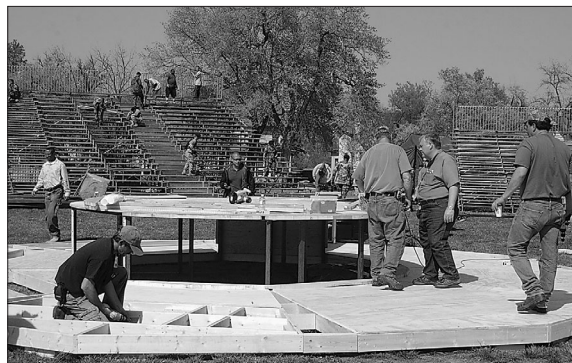
Many Soldiers and civilian workers enjoyed a long Easter weekend, but for others it was a flurry of activity to prepare for Vice President Dick Cheney's visit April 18.

Garrison Operations Officer Lt. Col. Bobby R. Thomas, Jr., who was the officer in charge of the rally said he got word of the dignitary's visit on April 13.

Despite the quick turn around time to turn Cavalry Parade Field into a coliseum area for the rally, Thomas said the event, "turned out really well based on all the support and teamwork across post and the from the local community."

Planning began after the arrival of the White House advance team and Secret Service personnel on April 13 and continued throughout the three-day Easter weekend, said Brad Carlton from the Directorate of Plans, Training, Mobilization, and Security. Coordination was made for the provision of food, water, seating, shade, transportation, security, entertainment and medical stations for the over 10,000 Soldiers, family members and Department of the Army civilians.

The actual set up for the event



Post/Stairrett

Fort Riley employees and contractors construct a circular stage April 17 on Cavalry Parade Field for Vice President Cheney's visit the following day.

began bright and early April 17 and involved over 200 Soldiers, 100 contractors and DA civilians working through the night, Carlton said.

"Because of the short notice and high stakes, it proved to be the most stressful event I have

ever been involved in," Carlton said. "It also proved to be very rewarding to see everyone work together to complete a very difficult task."

Carlton said he looked forward to another visit in 60 years.

Beginning at 6:30 a.m. Mon-

day morning when the parade field grass was mowed in preparation for the setup until the Vice President left post, "we accomplished exactly what we wanted to do which was to showcase Fort Riley, its Soldiers and families, Thomas said.

# Military has tools to respond to disasters

By Steven Donald Smith

AFPS

WASHINGTON — The federal response to Hurricane Katrina demonstrated that the Defense Department is one of the only federal departments capable of playing a critical role in the nation's response to catastrophic events, a government report released Feb. 23 stated.

In September, President Bush

asked Fran Townsend, his homeland security adviser, to conduct a review about the federal response to Katrina. The result is a report titled "The Federal Response to Hurricane Katrina: Lessons Learned," which outlines what was learned from the government's response to the hurricane and how to better prepare and respond to future domestic disasters.

"I wasn't satisfied with the federal response," Bush said at the

White House Feb. 23. "The report helps us anticipate how to better respond to future disasters."

The report stated that better coordination among federal agencies is paramount to improving the response to disasters. It also states the military's operational capability allows it to translate presidential decisions into prompt, effective action during a catastrophic domestic disaster but should be further integrated and that the Defense Department

should take the lead in some instances.

"The Departments of Homeland Security and Defense should jointly plan for the Department of Defense's support of federal response activities as well as those extraordinary circumstances when it is appropriate for the Department of Defense to lead the federal response," the report states. "The Department of

See Response, Page 8

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Post/Stairrett

Soldiers in the 2nd Bn., 16th Inf., use scopes and binoculars during target detection training April 12 on the basketball court behind their battalion headquarters. Soldiers had to sketch the landscape on a sheet of paper and find 10 points in a designated area as part of the selection process for a spot in the battalion's sniper section.

## Stillness a virtue for trainees

### 16 Soldiers practice patience as they vie for sniper spot

By Amanda Kim Stairrett  
Staff writer

Eight "Rangers" were stretched out on their stomachs on the basketball court behind 2nd Battalion, 16th Infantry headquarters April 12 peering through binoculars or scopes. A passerby would get the impression the Soldiers were stalking an elusive enemy lurking between Long Fitness Center and their position. Off to the side, and down a small hill, eight more Soldiers laid face down in the grass; they didn't move a muscle, they didn't make a peep. Occasionally, 1st Sgt. Todd Ziegler would walk by and warn them not to fall asleep.

The 2nd Bn., 16th Inf., Soldiers were vying for a spot on the battalion's sniper section. The three-day selection process included a series of physical and mental aptitude and endurance tests, all designed to find Soldiers who could be snipers. Training included physical fitness, memory exercises, target detection, range estimation and land navigation.

The training on the basketball court was part of the target detection process. Soldiers had to sketch the landscape on a sheet of paper and find 10 hidden points—some recognizable, some not. Ziegler and Capt. Tyler Andersen, 2nd Bn., 16th Inf. commander, then evaluated the potential

### Who made it?

The following were selected for the 2nd Bn., 16th Inf., Sniper Section:

<b>Pvt. Manuel Contreras, Co. C</b>	<b>Pvt. Howard Covey, Co. C</b>
<b>Pvt. Jon Garcia, Co. C</b>	<b>Spc. Theodore Jones, HHC</b>
<b>Pfc. Matt Maribona, Co. C</b>	<b>Pvt. Billy Paulsen, Co. C</b>
<b>Pvt. Justin Ranney, Co. C</b>	<b>Pvt. Thomas Rice, Co. C</b>
<b>Pvt. Andrew Todd Hunter, HHC</b>	<b>Pfc. William Walker, Co. A</b>
<b>Pvt. Allen Zurenko, Co. A</b>	

All the Soldiers selected are now assigned to HHC.

snipers' accuracy and detail. Ziegler made sure the Soldiers were training, even while waiting for their turn on the court. The Soldiers lying motionless to the side were learning what it was like to be a sniper in a hide site.

"It's part of the job," he said. "It's important to know."

It is important snipers pay attention to details because they are often providing intelligence in addition to squeezing the trigger, Andersen said.

Though the battalion isn't fully manned, sniper teams are being selected now so the chosen Soldiers can attend a two-week sniper school in May at Camp Robinson, Ark. The snipers are also being identified before the rifle companies are completely built so those Soldiers don't have to be pulled from their units down the road, Andersen said.

When the battalion's sniper squad is fully assembled, it will have six two-man sniper teams and every two teams will have a non-commissioned officer.

A sniper must possess the mental ability to make tough decisions, Andersen said, and maturity has a lot to do with it. Most of the Soldiers seeking a sniper spot are young men who are not that far out of high school. Andersen and Ziegler were looking for men who could function, mentally and physically, in a setting they weren't used to as infantrymen.

Andersen said a sniper's role was important because he is the "smart guy on the battlefield," providing the battalion commander intelligence.

A lot of these guys have a Hollywood mold of what they think snipers are, Andersen said. The hopefuls were questioned on what

they thought a sniper did and why they wanted to become such men. A lot of the Soldiers who signed up for the training had relatives, dads or uncles, who were snipers.

Aspiring to be a sniper is appealing because it is more challenging, Andersen said. "They want to go do something that requires more than being just a regular rifleman," he said.

The Soldiers understood they would have to work hard to earn spots on the sniper teams and didn't need constant reminders. They were aware that not everyone trying out would be named a sniper, which added to their determination. The hopefuls also pushed themselves to keep up with Ziegler, who was a scout sniper platoon sergeant. He didn't give them any time standards to encourage them to push themselves to aim high instead of just skating by.

Ziegler said the Soldier's determination was reliant on how much he wanted to be a sniper.

"How deep inside themselves will they go?" he said.

Amanda Kim Stairrett can be contacted at [amanda.kim.stairrett@riley.army.mil](mailto:amanda.kim.stairrett@riley.army.mil) or 239-3977.

## Post, Army news briefly

### Information ops to recruit on post

The U.S. Army Information Operations Proponent will conduct a Fort Riley information and recruiting visit from 8 a.m. to 5 p.m. May 8 and from 8 a.m. to noon May 9 in Room 11 of Learning Center 2, Building 7656 on Custer Hill. Representatives from USAIOP and Human Resources Command-Alexandria will give an overview briefing for officers interested in learning about Functional Area 30 (Information Operations) and the Career Field Designation process.

For an appointment or additional information, send e-mail to [Henry.David.Pendleton@us.army.mil](mailto:Henry.David.Pendleton@us.army.mil) or call (913) 684-5320 (DSN 552-5320).

Walk-ins throughout both days will be accepted.

### ISO staff offers weather training

Members of the Fort Riley Installation Safety Office are available for severe weather safety training.

Training covers indicators of severe weather, developing emergency action plans and other safety tips.

To arrange a class date, time and location, call the safety office at 239-2514.

### Drinking water report available

Fort Riley's annual consumer confidence report shows the post's drinking water met or surpassed all federal and state drinking water regulations in 2005.

The report is posted on the Internet at [www.riley.army.mil](http://www.riley.army.mil). From the Fort Riley Web page, click on Services, then Fort Riley Services and then the Environmental page. That page will have a link for "Quality of Tap Water Report."

Fort Riley and other public water suppliers must provide this information based on Safe Drinking Water Act requirements. Subsequent reports will be prepared by July 1 each year. Information about the report

can be obtained from the Environmental Protection Agency's Safe Drinking Water Hotline, (800) 426-4791.

For more information, Fort Riley consumers also can call David Jones in the Environmental Division, Directorate of Public Works, at 239-2630.

### ROTC program rated outstanding

Kansas State University's Army ROTC program has been selected as the U.S. Army Cadet Command's Western Region as recipient of the "Outstanding Army ROTC Unit Award" for this year.

This award is sponsored by the national Order of the Founders and Patriots of America, established in 1896. The top ROTC program from each of the Eastern (132 ROTC programs) and Western (140 Army ROTC programs) Regions of the country are selected.

Wheaton College is Eastern Region recipient.

The criteria used to determine the top programs in America among Army ROTC programs are:

- \* Number and quality of commissioned officer graduates
- \* Military student retention rates
- \* Results of a comprehensive inspection of the department
- \* Number of scholarship awards and utilization
- \* Cadet success rates at national leadership summer camps

### BOSS plans fashion show

Fort Riley's Better Opportunities for Single Soldiers program will host a fashion show at 7 p.m. April 22 at the Marriott Convention Center in Junction City, Kan.

Fashions that will be shown include designs by students at Kansas State University and items sold at trendy fashion stores in the area.

The cost is \$10 per person in advance.

For more information or to purchase tickets, call the BOSS president at (785) 239-8147 or the Information, Ticketing and Registration Office at (785) 239-5614.

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# Commentary

Friday, April 21, 2005

Fort Riley Post

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## Riley Roundtable

This week's question:

Do you think the Vice President's visit April 18 will benefit Fort Riley and why?



"Yes. It was good for morale. It was good to see him out here rewarding troops for their hard work and dedication."

Sgt. Anthony Haney  
Medic  
1st Bn., 34th Armor  
Home: Roy, Wash.



"He boosted morale. Told us basically what is going on. Mostly it was morale, telling us we were doing a good job."

Spc. Robert Loo  
Medic, 1st Bn., 34th Armor  
Home: Aberdeen Proving Grounds, Md.



"It shows that they are actually paying attention to what we are doing for our country and the sacrifices that our families make and how big Fort Riley is growing to meet the demands of the war effort."

Spc. Eddie Wheeler  
Commanding General's Mounted Color Guard  
Home: Bakersfield, Calif.



"I think any time you get recognition for the work you do it's tremendous."

Sgt. 1st Class Darvis Williams  
Tanker platoon sergeant  
2nd Bn., 34th Armor  
Home: Jacksonville, Fla.



"With all that's going on it's good he took the time to come out here."

Sgt. Andrew Rondeau  
Medic  
1st Bn., 34th Armor  
Home: Stillwater, Minn.

Next week's question:

Fort Riley will observe Days of Remembrance April 26, relating to the Jewish holocaust. Some people say the holocaust never happened. How would you respond to that opinion?

Opinions may be e-mailed to the editor at [mike.heronemus@riley.army.mil](mailto:mike.heronemus@riley.army.mil) or faxed to the editor at 239-2592. Opinions must reach the editor by close of business Tuesdays to appear in the following Friday's paper.

By Bethany Deschamps  
Chief, Nutrition Care Division



Capt. Bethany Deschamps

High blood pressure, or hypertension, is a risk factor for heart disease, the number one killer of Americans. High blood pressure can also lead to other problems like kidney failure. It is called a "silent killer" because people do not know they have high blood pressure unless they check. It is not painful like a broken bone.

Many factors can lead to high blood pressure. Stress, smoking, inactivity, weight gain and a high intake of salt or sodium are just a few.

The exact relationship between a high sodium diet and high blood pressure is not clear but has been closely linked to high blood pressure for over 50 years. Over 60 million people in this country have high blood pressure. A sodium-controlled diet will help control high blood pressure and also help prevent water retention.

### Where do we get sodium from?

The taste for salt or sodium is



## FOR YOUR HEALTH

### Tips for healthy eating

## Avoiding salt, sodium important for health

a learned habit that can be unlearned. As you reduce your sodium intake, your taste buds will become more aware of the natural flavor of foods.

You get sodium from four sources:

- **Table salt and other seasonings:** Sodium is often added to foods during preparation in the form of table salt, MSG, sea salt, garlic salt, or other seasonings. One level teaspoon of salt contains about 2,000 milligrams of sodium.

- **Processed foods:** Salt and other sodium containing additives are added to foods that are processed.

- **Sodium-containing additives:** Some of the sodium-containing additives play an essential role in the preservation of food. However, often the sodium is added in the form of sodium chloride, or table salt, and is added only for flavor.

- **Foods that naturally contain sodium:** All foods that come from animals contain sodium naturally.

Most fresh fruits and vegetables also contain some sodium but in small amounts.

- **Non-food items:** Some over the counter drugs and medications contain sodium.

Alkalizers (Alka-seltzer), antacids, laxatives, bicarbonates of soda, aspirin and cough medicine all contain high amounts of sodium. Even drinking water contains some sodium.

People on sodium-restricted diets may need to avoid softened water and learn the sodium content of their water.

### Shopping tips

- Look for sodium on the food label. Avoid foods that have greater than 400 milligrams of sodium per serving, which are considered high sodium items.

- Choose fresh or frozen vegetables and avoid canned vegetables, which are high in sodium.

- Convenience foods are high in sodium. Most frozen or canned main dishes such as potpies, ravioli, TV dinners and fast foods contain more sodium than you would add if you made the meal yourself. In some cases, one convenient meal will provide all the sodium you need for the day.

- Canned and dehydrated soups are high in sodium. Experiment with homemade soups.

- Snack foods may be high in sodium. Nuts and popcorn are naturally low in sodium until sea-

sonings are added. Potato chips and pretzels can contribute a lot of sodium in your diet.

- Buying reduced sodium products or making the meal yourself will give you more control over how much sodium you consume.

- When dining out, ask that your order be prepared without salt.

### Food preparation tips

- Add fresh herbs and spices instead of salt to vegetables, meats, poultry and fish.

- Cook a day ahead when making soups, stews, sauces, slaws and salads and don't use salt. This gives the natural flavors in the food time to blend.

- Baste meats with wine, seasoned vinegar or lemon juices instead of sauces like soy sauce or teriyaki sauce.

- Cook rice, noodles, pasta, hot cereals and vegetables in unsalted water.

### Recommendations

Strive to consume less than 2,400 milligrams of sodium per day.

If you already have high blood pressure, strive to consume less than 2,000 milligrams of sodium per day.

If you have no idea what your blood pressure is, check it. You can find machines in public places such as Walmart and GNC. Remember, what you don't know can hurt you!

### Letter to the Editor

## Returned ring shows nice people exist

I had my class ring taken while I was deployed to Bosnia and Hungary with the Army Band back in 1996. We had some guard duties but we mostly provided morale for the troops.

As we were playing pool before one of our gigs I took my class ring off, laid it on the pool table and in a hurried rush left it as we left for the gig. I had the bus driver stop because I remembered that I left my ring in the recreation tent. I went in, to no avail, my ring was gone.

Someone had picked it up but did not turn it into the lost and found.

My ring was gone forever. Last week I noticed e-mails from a person on classmates.com. She told me that she might have something that belonged to me so I e-mailed her and she sent her number for me to call.

I called and she told me a story of how her husband was in the Army in 1997 and on patrol in Bosnia when he found a class ring in the woods. He kept it

until now and it resurfaced as they were doing some spring cleaning in their home. He kept the ring with his medals he received while he was in the Army.

She asked me if I could describe the ring and of course I did down to the initials inside of it. She told me that she would mail it to me.

I asked if I could send her a reward and she said, "No, this is something nice I would like to do for you and I am glad to know that you are alive."

She lives in WA State with her husband and he is no longer in the military.

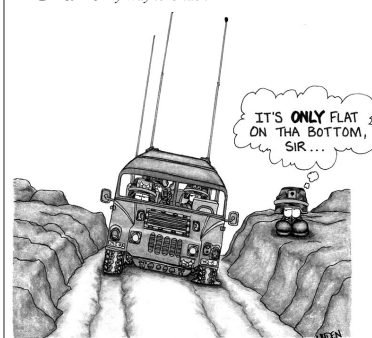
I thought this was very nice and I would like for the world to know that nice people still exist.

1st Lt. Darrell Fair  
Executive Officer  
1st Replacement Company

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Your opinion is important. Send your letter to the Post editor to [mike.heronemus@riley.army.mil](mailto:mike.heronemus@riley.army.mil).

### Grunt By Wayne Udden



### FORT RILEY POST

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# D.C. staffers get first-hand look

By Amanda Kim Stairrett  
Staff writer

Staff members from the offices of Kansas congressmen Sen. Pat Roberts, Sen. Sam Brownback, Rep. Jerry Moran, Rep. Dennis Moore, Rep. Todd Tiahrt and Rep. Jim Ryun visited Fort Riley April 12-13.

Fifteen congressional staffers, ranging from military liaisons to legislative assistants toured the area, which included stops at Camp Funston and Junction City construction sites, conversed with Fort Riley Soldiers, and visited the Soldier and Family Support Center, white elephant barracks and a machine gun range.

Members of the Kansas House of Representatives, Old Troopers Regiment, Junction City-Geary County Military Affairs Council and representatives from the Junction City and Manhattan communities joined the delegation.

Col. David Bishop, 3rd Brigade commander, spoke with the group about his brigade's deployment to Iraq during an equipment display at the 1st Battalion, 41st Infantry's motor pool. Brownback joined the group at the motor pool and spent time meeting and talking with Soldiers.

Bishop said later that it was important for policy makers and national leaders to spend time with Soldiers and their equipment because they could get a better understanding of the military.

Sam Robinson, Junction City-Geary County Military Affairs Council director, said the visit showed the staff members how significant Fort Riley is to the Army and national security. Instead of just hearing about it, the visitors got to see the equipment and meet the Soldiers. Now, when they go back to Washington, D.C., they have a better idea of body armor funding because they've seen and felt the body armor, Robinson said.

The visitors got some of this hands-on experience during a trip to the Expert Infantryman's Badge training site. They had the opportunity to complete stations such as weapons assembly and first aid.

It was all interesting and definitely gave him an appreciation for the military, said Aaron Mercer, military legislative assistant for Brownback.

Amanda Kim Stairrett can be contacted at [amanda.kim.stairrett@riley.army.mil](mailto:amanda.kim.stairrett@riley.army.mil) or 239-3977.



Members of the congressional staffer's delegation examine weapons April 12 at the 1st Bn., 41st Inf., motor pool. The staffers visited Fort Riley as official representatives of Sen. Pat Roberts, Sen. Sam Brownback, Rep. Jerry Moran, Rep. Dennis Moore, Rep. Todd Tiahrt and Rep. Jim Ryun.

Post/Stairrett

## Soldiers blown away by breathalyzer results

By Osvaldo Sanchez  
Army News Service

SCHWETZINGEN, Germany — A recent stand-down at the 7th Army Reserve Command (ARCOM) gave Soldiers a clear understanding of the effects of alcohol.

"I realized just how much one German beer affects you and puts you way over the limit," said Lt. Col. Mark W. Rabenstein, the assistant G-3 with the 7th ARCOM.

Rabenstein demonstrated the effects of alcohol consumption when he drank a half liter of German dark beer, then submitted to a breathalyzer field sobriety test

and a physical coordination test administered by military police.

Five minutes after Rabenstein's last sip of beer, the Lion Alcolimeter breathalyzer read a surprisingly high alcohol content of 1.9.

"We found out that one beer can put you way over the limit. Not by a little bit, but by a lot," Rabenstein said. "For years and years I believed — I passed it along and it was passed along to me — that if you're so tall and weigh so much that you can drink one beer, one glass of wine or one shot, and still be ok."

According to the Provost Marshall Office, there were 1,231 alcohol related incidents involving Soldiers in U.S. Army, Europe, last year. Drug and alco-

hol prevention experts are using April, which is Alcohol Awareness Month, to inform Soldiers of the effects of even small quantities of alcohol.

Col. Stephen M. Allen, the deputy commander of the 7th ARCOM, said he has personally suffered from drunk drivers. "I had an uncle who was killed by a drunk driver and a grandmother who was almost killed by a drunk driver. I have no pity for drunk drivers who get into accidents."

"I'm not against drinking, but I am against people who make the wrong decisions when it comes to driving and drinking," Allen said.

According to Article 111e(1) from the Manual of Courts-Martial, the maximum punishment for

operating a vehicle while intoxicated and causing personal injury is a dishonorable discharge, forfeiture of all pay and allowances, and confinement for 18 months.

Staff Sgt. Gary D. Boatner, the acting secretary general staff for the 7th ARCOM, said having the military police professionally administer the field sobriety test and the physical coordination test made the event realistic, and not a game.

"We got to see how the alcohol affected him (Rabenstein) when he couldn't announce everything he was trying to say while trying to walk the line," Boatner said, referring to the physical coordination test.

Another Soldier who attended

the event said he was also surprised with the results from the tests and it changed the way he thinks about drinking alcohol.

"I will be more careful when I drink and definitely think twice," said Spc. Francisco F. Muniz, a paralegal specialist at the 7th ARCOM.

It took Rabenstein nearly four hours to blow into the breathalyzer and not show any trace of alcohol on his breath.

With a serious look on his face, Rabenstein exclaimed, "One is too many. If alcohol touches your lips don't drive!"

Staff Sgt. Osvaldo Sanchez writes for the 7th Army Reserve Command Public Affairs Office.

## Post, Army news briefly

### Army offers \$1,000 reward

The U.S. Army Criminal Investigation Division is offering a \$1,000 reward for information leading to the identification, apprehension and conviction of the person or persons responsible for the theft of a black 2005 Roadhog trailer, serial number 1F9FS10105K191016; a blue 2004 Yamaha YFZ450SL All Terrain Vehicle (ATV), Vehicle Identification Number JY4J111Y34C008981; and a blue 2005 Yamaha YFM350RTL ATV, VIN J4AH12Y85C015534.

The trailer and ATVs were stolen between 1 p.m. March 17, 2006, and noon March 20, 2006, from the parking lot adjacent to Building 7081 on Fort Riley.

Anyone with information concerning this incident should call Special Agent Shane Nisbet, Fort Riley CID office, (785) 239-3308, or the military police at (785) 239-6767.

### Civil Air Patrol seeks members

The local chapter of the Civil Air Patrol, a volunteer auxiliary of the U.S. Air Force, needs new members. CAP performs search and rescue operations as needed and sponsors a cadet program, aerospace education, physical fitness training and more.

The chapter is seeking male and female youth between the ages of 12 and 21 and adults. Meetings are 7 to 9 p.m. every Tuesday at the Junction City, Kan., Municipal.

For more information, call 238-8492 or visit <http://kswg.cap.gov/> and [www.cap.gov](http://www.cap.gov) on the Web.

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# Joint Task Force using new weapon

## Soldiers in Horn of Africa fight war on terror without force

By Jim Garamone

American Forces Press Service

AS SAYLIYAH, Qatar, — American forces are using an unconventional approach to fighting terrorism in the Horn of Africa, the senior enlisted adviser at U.S. Central Command said.

"The weapon systems down there are well-drilling equipment and shovels, and building schools and hospitals, and training border patrols and counterterrorism forces," Air Force Command Chief Master Sgt. Curtis Brownhill said. "It's an elaborate civil affairs and security effort that is all about building capacity and confidence."

Combined Joint Task Force

Horn of Africa is a small group of servicemembers who work with governments and U.S. officials in the Horn of Africa to improve life for some of the poorest people in the world. The task force is headquartered in Djibouti and includes operations in Ethiopia, Eritrea, Kenya, Uganda, Sudan and Yemen.

"We're fighting a war down there and haven't fired a shot," Brownhill said. "We're taking on al Qaeda and associated movements there, and it's the civil affairs piece that's winning it."

The roots of the effort go back to 2002. After coalition and Afghan forces routed the Taliban from Afghanistan and fractured al Qaeda in that country, extremists "needed ungoverned spaces to

squirt to, and the Horn of Africa is ripe for that," the chief said.

Central Command representatives went to the Horn of Africa and worked with local governments, with U.S. embassies in the area, and with non-governmental relief agencies to give the people of the region hope. "With the civil affairs assets and training the militaries, (the task force) has provided confidence and capacity, and the people have pushed back from al Qaeda and associated movements trying to find another Afghanistan," Brownhill said.

There are still problems. Continued drought is forecast for the region, and Somalia remains the largest "ungoverned space" on the planet. Warlords rule in the nation, and some are reported to

be embracing a Taliban-like rule. Warlords have encouraged piracy, and most are corrupt.

The task force does not work within Somalia. But its work on the periphery of the nation gives people in the region "the will and confidence to say to these groups, 'Not here; not today; not now.' We see a brighter future than a dark oppressed future under warlords of a Taliban-like government," he said.

Efforts in the Horn of Africa are all about building capacity, prosperity and setting conditions for progress. "You find that when you prepare the ground and set those conditions, often you preclude the necessity of having to go in and go to war," he said. "It's the preferred way of fighting."

## Post, Army news briefly

### Post to observe remembrance

This year, the Days of Remembrance fall between April 23 and April 30, with the Fort Riley's observance scheduled from 11:45 a.m. to 12:45 p.m. April 26 at Riley's Conference Center.

The theme for this year's commemoration is "Legacies of Justice" in honor of the courage of and the precedents set by those who testified during the trials of Nazi war criminals.

Guest speaker will be Dr. William Samelson, who was liberated by the U.S. Army after years of internment in labor and concentration camps throughout Poland and Germany.

The program is free and open to all Soldiers, their families, civilian employees and members of the surrounding communities.

Samelson wrote "Warning and Hope, Nazi Murder of European Jewry A Survivor's Account." A book signing will follow immediately after the

program.

For more information, contact a brigade equal opportunity advisor or the Division EO Office at 239-8433.

### Housing noise policy in place

Residents on Fort Riley are reminded there is a post noise policy. Noise that is acceptable during the working day is not always fitting for nighttime; therefore, occupants will lower the volume of noise between the 10 p.m. and 6:30 a.m. the next day.

Occupants must keep the noise in their quarters (i.e., stereos, radios, TVs, voices, etc) at a level acceptable to other occupants of their building and to neighbors at all times. Noise must not be so excessive as to be heard by a passerby.

Party hosts should ensure their celebration does not impede on the rights of others to get a good night sleep.

For more information, call Paula Fultz at 239-3265.

## Response

continued from page 3

Defense should ensure the transformation of the National Guard is focused on increased integration with active duty forces for homeland security plans and activities."

In addition to possessing large numbers of operational personnel that have been trained and

equipped for their missions, the military brought robust communications infrastructure, logistics and planning capabilities to the Katrina response, the report states.

However, because of the military's critical mission overseas, the solution to improving the fed-

eral response to future catastrophes cannot simply be to "let the Department of Defense do it," the report states. "Yet DoD capabilities must be better identified and integrated into the nation's response plans."

On the "Good Morning Ameri-

See Response, Page 13

### HOUSE FILL AD

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3x15 Service Directory

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## Post, Army news briefly

### PW plans picnic, awards

The Directorate of Public Works will conduct its annual organization day picnic and awards ceremony for employees and their families June 16. Minimal staffing will be maintained in the directorate from 11:30 a.m. to 4 p.m. that day, so critical functions remain operational.

For more information, call Dee Royse at 239-3906.

### Heating, air changes planned

Weather permitting, heating at Fort Riley will be turned off beginning April 10 in the following sequence:

**Through April 21** – Administration buildings, barracks, BEQs and BOQs with individual heating units, 8000 area, dining facilities and community buildings.

Air conditioning systems are scheduled to be turned on beginning May 1 in the following order:

**May 1-12** – Barracks, BOQs and BEQs, 8000 area, community buildings, administration buildings, dining facilities and motor pools.

Heating and cooling systems in the chapels and in medical and dental buildings will be maintained as needed.

Family housing occupants control their own heat and air conditioning systems as desired. The authorized temperature for the cooling season is 76 to 80 degrees.

### Scholarships offered by ROA

The Reserve Officers Association will award up to 60 \$500 Reilly scholarships this year to undergraduate and graduate students for the 2006-2007 school year.

Undergraduate applicants must be the children, grandchildren or spouses of ROA members. Graduate applicants must be ROA members.

ROA membership is open to any active, reserve, National Guard, retired or former officer of the seven uniformed services: Army, Navy, Air Force,

Marine Corps, Coast Guard, Public Health Service, or NOAA.

For more information about ROA, call (800) 809-9448 or visit [www.roa.org](http://www.roa.org) on the Web. For more information on the Reilly scholarship program, call Chandra Oliphant at (800) 809-9448, Ext. 730.

### Army offers \$500 reward

The U.S. Army Criminal Investigation Command is offering a \$500 reward for information leading to the identification, apprehension and conviction of the person or persons responsible for damage to government property, housebreaking and larceny of government property.

The damage and larceny occurred at the Consolidated Troop Medical Center, Building 7672. The center was broken into some time between noon Jan. 12 and 5 a.m. Jan. 17.

Anyone with information concerning this incident should call the Fort Riley CID office at 239-3931 or the military police at 239-6767.

## IED threat continued from page 2

in the world," the president explained.

Bush said he plans to inform the public about America's strides in the war during a series of speeches this month, as the nation marks the three-year anniversary of the start of Operation Iraqi Freedom March 19. The speeches will address the nation's strategy for victory in Iraq, progress made, lessons learned, and "how we're fixing what has not worked," the president said.

Bush's first speech, March 13, focused on the security element of the nation's strategy, the task of defeating terrorists and training Iraqi security forces.

"The Iraqi security forces have made great strides in the past year," Bush noted. "And they performed well after the recent bombing of the Golden Mosque of Samarra."

The mosque, Bush explained, is one of Shia Islam's holiest

sites. After it was bombed, bands of armed militia exacted revenge with attacks on Sunni mosques and acts of random violence that killed hundreds of innocent Iraqis.

"Immediately after the attack, Iraqis' leaders came together and acted to restore calm and end the violence," Bush said. "These forces moved rapidly and effectively to protect religious sites, enforce a curfew and re-establish civil order when necessary. We commend them for their good work."

Bush said the Iraqi security forces' performance was proof that "our hard work to build up and train these forces is paying off."

The goal, Bush said, is to have the Iraqis control more territory than the Coalition forces by the end of the year. "By helping the Iraqi people build a free and representative government, we will deny the terrorists a safe haven to

plan attacks against America," the president said.

"The security of our country is directly linked to the liberty of the Iraqi people," he continued. "This will require more difficult days of fighting and sacrifice. Yet I am confident that our strategy will result in victory, and then our troops can come home with the honor they have earned."

Bush said that amid the daily news of car bombs, kidnappings and brutal killings, he understands that Americans are wondering if the entire mission was worth it. "I strongly believe our country is better off with Saddam Hussein out of power," he said.

"The last three years have tested our resolve," he continued. "The fighting has been tough. The enemy we face has proved to be brutal and relentless. And the sacrifice being made by our young men and women who wear the uniform has been heartening and inspiring."

### HOUSE FILL AD

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# Exhibit features paintings of Soldier heroes

## 'Faces of the Fallen' to stay at women's memorial through May

By Rudi Williams  
American Forces Press Service

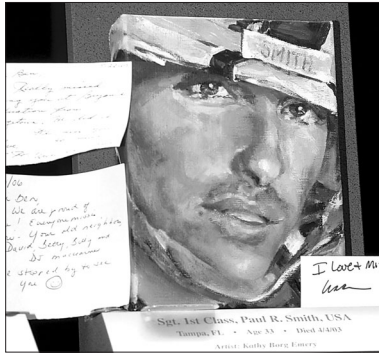
ARLINGTON, Va., — "Faces of the Fallen," a compelling exhibit featuring more than 1,300 portraits honoring America's servicemen and women who died fighting the war on terrorism in Afghanistan and Iraq, will stay on display at the Women's Memorial in Arlington, Va., until May 31, officials said.

More than 230,000 visitors were drawn to the memorial since the exhibit opened in March 2005, retired Air Force Brig. Gen. Wilma Vaught, the president of Women in Military Service for America, said. That set a one-year record for the number of people visiting the memorial, she noted, calling the exhibit's impact on the memorial "incredible."

"That was a very welcomed thing for all of us, because when people come, they not only see that exhibit, they also see the other exhibits about women in the military," said Vaught, who spearheaded the campaign that raised more than \$20 million to build the memorial that opened in 1997. "A few people told me that when they went home they told their friends and relatives that the Women's Memorial was the single most impressive place they visited."

The memorial is across the street from Arlington National Cemetery's main gate.

She said the Faces of the Fallen exhibit has generated heartwarming and touching letters and notes from visitors. The most heartwarming letter, she said, came from a lieutenant colonel who met



**The only Medal of Honor recipient from Operation Iraqi Freedom, Sgt. 1st Class Paul R. Smith, 33, was killed on April 4, 2003. Artist Kathy Berg Emery painted his portrait at the "Faces of the Fallen" exhibit on display at the Women in Military Service to America Memorial in Arlington, Va.**

the father of a fallen servicemember in the exhibit.

"He told her that it was the first time he had felt that an adequate tribute had been paid to his son for his sacrifice," Vaught said.

"It's a tragedy, and you can feel the spirit looking at the portraits," said Annette Polan, founder of Faces of the Fallen. "For each portrait, there's a whole community of lives that will never be the same — spouses, mothers, fathers,

sisters, brothers and friends."

She said some people leave notes and letters by the portraits that are like conversations: "I saw your mother last week, and we had a cup of tea together."

Noting that more than 200 volunteer artists from across the country created the portraits, Polan said the artists worked from sometimes poor quality digitized photographs from the Internet.

The artists produced the por-

traits in an assortment of media: pen-and-ink drawings, watercolors, oils, textiles, relief and collage, and sculpture.

Probably the most famous portrait in the heartfelt exhibit is that of Army Cpl. Pat Tillman, 27, who gave up the glamorous life of a professional football star to become an Army Ranger. He was killed in Afghanistan on April 22, 2004. Natasha Mokina painted his portrait.

Other heroes include the only Medal of Honor recipient from Operation Iraqi Freedom, Sgt. 1st Class Paul R. Smith, 33, who was killed on April 4, 2003. Artist Kathy Berg Emery painted his portrait.

Polan said among the nine portraits she painted is the first serviceman killed in Iraq, Marine Corps Maj. Jay T. Aubin, 36, who died on March 20, 2003.

The exhibit opened without having portraits of some fallen servicemen and women. Some portraits are still not available, Polan noted. "We haven't added to the total number since the exhibit opened," she said. Silhouettes are used for missing servicemen, and the silhouettes are replaced with portraits as they're received. Silhouettes have also been used for eight portraits that families didn't like.

"We're going to ask artists in each state where the exhibit travels to paint portraits of all the servicemen and women from their state who have been killed," Polan said. "The portraits would stay on permanent display at the museum in that state."

See Portraits, Page 13

## Post, Army news briefly

### Army offers \$1,000 reward

The U.S. Army Criminal Investigation Command is offering a \$1,000 reward for information leading to the identification, apprehension and conviction of the person or persons responsible for indecent assault on a Soldier.

The incident occurred between 11 p.m. Feb. 7 and 1 a.m. Feb. 8 when an unknown person entered Building 8018 on Fort Riley and indecently assaulted a Soldier living on the second floor of the building.

Anyone with information concerning this incident should call Special Agent Emey Brantley at the Fort Riley CID office, (785) 239-3931, or the Fort Riley military police at (785) 239-6767.

### Employees advised rights

Pursuant to Section 7114(1)(2)(B) of the Federal Service Labor-Management Relations (FLSMR) statute, federal civil service employees are advised that the exclusive representative of employees in the bargaining unit must be given the opportunity to be

represented at any examination of an employee in a bargaining unit by a management representative in connection with an investigation if:

- The employee reasonably believes that the examination may result in disciplinary action against the employee, and

- The employee requests representation.

The exclusive representative for employees in the bargaining units at Fort Riley is American Federation of Government Employees Local 2324.

More information about employee rights under this provision of the FLSMR statute is available from the Civilian Personnel Advisory Center, 239-6093, or the local union office, 239-3645.

### Riley's offers lunch buffets

Riley's Conference Center offers a lunch buffet from 11:30 a.m. to 1:30 p.m. Monday through Friday.

For \$6.50, diners will receive a hot entree with side dish, soup of the day, gourmet salad bar, and iced tea or water to drink.

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## Post, Army news briefly

### Portal speeds tuition aid

Army Education is undergoing a revolutionary modernization and new automated process called Centralized Tuition Assistance Management. This will give Soldiers virtual access to request tuition assistance online through a new portal.

The eArmyU portal was replaced by the GoArmyEd portal April 1.

Soldiers will be able to request TA and register for courses online. Education Services at Fort Riley will be conducting post-wide informational briefings for Soldiers at Barlow Theater at 9:30 a.m. and 1:30 p.m. March 24 and 27.

For further information and to schedule briefings at unit level, contact an Army Education counselor at 239-6481 or 239-9485.

### CID recruiting special agents

The U.S. Army's Criminal Investigation Command is seeking qualified applicants to become highly trained criminal investigators.

Special agents investigate all felony crime of Army interest, conduct protective service operations and work closely with other federal, state and local law enforcement agencies to solve crime and combat terrorism.

Agents receive initial training at the U.S. Army Military

Police School and additional training in specialized investigative disciplines. Selected agents receive advanced training at the FBI Academy, the Federal Law Enforcement Training Center and the Canadian Police College, as well as an opportunity to pursue a master's degree in forensic science.

Qualified applicants must be a U.S. citizen, at least 21 years old with at least two years of service completed but not more than eight, possess at least 60 semester hours of college credit and a general technical score of at least 110.

A minimum of six months police experience is preferred, but not required.

To apply or for more information, visit [www.cid.army.mil](http://www.cid.army.mil) on the Web or stop by a local CID office.

### Ed Services to offer test

Education Services at Fort Riley will offer the ASE certification test May 9, 11 and 16. All active duty and reserve component Soldiers in a related Military Occupation Specialty, rating or Air Force Specialty Code are eligible to test for credit by examination or for certification. The registration deadline is March 15.

For more information or to register, visit an Army Education Counselor in Building 7604 (239-9485) on Parker Street or Building 217 (239-6481) on Main Post.



### Rally time

Maj. Gen. Dennis E. Hardy, commanding general of the 24th Inf. Div. (Mech) and Fort Riley and Soldiers salute during the National Anthem before Vice President Dick Cheney's speech April 18.

Post/Stairrett



Post/Stairrett  
Soldiers cheer as Command Sgt. Maj. Eddie Fields, 610th Support Bn., and Command Sgt. Maj. Kevin Nolan, 97th MP Bn., stand on stage and ask the Soldiers in their battalions to make some noise.

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## Post, Army news briefly

### Warning sirens tested daily

The Fort Riley Operations Center is testing the tornado early warning siren system everyday following the noon mess call bugle. Exceptions will be weekends and holidays when the FROC will run the silent test that is currently used.

### Army offers \$5,000 reward

The U.S. Army Criminal Investigation Command is offering a \$5,000 reward for information leading to the identification, apprehension and conviction of the person or persons responsible for the attempted murder of four Fort Riley Soldiers.

Between 4:25 and 4:35 a.m. Jan. 22, an unknown person or persons driving an unknown vehicle fired multiple 9mm rounds at a vehicle occupied by four Soldiers at the intersection of Trooper Drive and Thomas Avenue on Fort Riley. The Soldiers were returning to their barracks from the Rally Point club on post.

Anyone with information concerning this incident should call the Fort Riley CID office at 239-3931 or the military police at 239-6767.

### IACH pharmacy drops medicines

Effective this month, Irwin Army Community Hospital Pharmacy Service has deleted Norvasc® (Amlodipine), Flo-max® (Tamsulosin), Accupril® (Quinapril) and Altace® (Ramipril) from its available medications. The change has been directed by Department of Defense.

These DoD-designated non-formulary medications require the provider to complete a medical necessity form in order for the patient to acquire them from civilian pharmacies at a cost of \$9 for a 30-day supply of either the brand name drug or its generic equivalent. Providers can obtain the medical necessity form online at

www.tricare.osd.mil/pharmacy/medical-nonformulary/cfm.

Non-formulary brand name and generic medications will cost \$22 for a 30-day prescription filled at civilian pharmacies or through the Tricare Mail Order Program without a provider's medical necessity form.

Medical necessity generally means the patient has tried other medications that do not work and the one prescribed is the only that works.

The medical necessity form is one filled out by the patient's provider. This enables the patient to receive the say prescription as above, for only \$9.00. (This is because patient has more than likely tried other meds that do not work and this particular med is the only one that does - therefore, medical necessity).

For more information, call the Irwin Army Community Hospital Pharmacy at 239-7411.

### Residents must update info

Fort Riley housing residents must ensure that the information on record at the Housing Office is current. During the recent weather emergency at Ellis Heights, it was discovered that some occupants' vital information was no longer accurate.

Updates to housing records must be made when changes occur, including change of rank, change of unit, change of duty or home telephone numbers (adding a cell phone number allows the Housing Office representatives a way to contact residents when an emergency arises) and number of dependents change.

Updating information is as easy as calling the Housing Office at 239-3525, sending a fax to 239-2493 or stopping at the Housing Office in Building 45 on Barry Avenue from 7:30 a.m. to noon and 1 to 4 p.m. Monday through Friday.

Residents must also complete a housing absence form for absences longer than seven days. The form will include an emergency contact number where the resident can be

reached and the name and phone number of a person who has agreed to be a house watcher. Absence does not relieve occupants of their responsibilities for their quarters.

For more information, call Paula Fultz at 239-3265 or 239-2498.

### Regs restrict pets on post

Fort Riley Regulation 40-18 (Pet Registration) states sylvatic and sylvatic hybrid animals will not be kept as pets on the installation. Those animals include wolves, wolf-hybrid animals, coyote hybrids, snakes, poisonous amphibians and poisonous reptiles.

Riley's Rules, which are updated each year by the post's commanding general, prohibit the keeping of ferrets on post. It supersedes FR Reg. 40-19, which states ferrets are allowed.

Owners who had ferrets as pets before the current Riley's Rules were published can submit an appeal in writing to the garrison commander justifying why an exemption should be made to Riley's Rules in their individual case.

For more information about animal control rules and regulations, call the Fort Riley Provost Marshal's Office.

### Spouses can use ACAP

Spouses of Soldiers who plan on separating from military service or are exploring the possibility, can use the same ACAP services as that of their Soldier spouses can attend a pre-separation benefits briefing, the 3 1/2 day TAP/ACAP Job Search Workshop, job fairs or other special ACAP events and work with a professional counselors to finalize a resume and prepare for interviews. For more information, call the ACAP Center at 239-2278 or 239-2248 or stop by the office in Room 6, Building 210 on Main Post.

## Response

continued from page 8

ca" program Feb. 23, host Charles Gibson asked Fran Townsend if giving the military a leadership role in domestic disasters was asking too much of an already stretched force. She responded that the report was not just talking about active duty forces and said it was important to maximize the use of the National Guards.

"State National Guardsmen responded from around the country," she said. "There were more than 50,000 of them there. But we have to train and equip them, and they need interoperable communications, for example, to maximize their effectiveness."

The report also points out the limitations under federal law for using active duty military personnel domestically.

...

It recommends 11 areas of improvement that should be achieved before this year's hurricane season begins in June. The report recommended that the U.S. government should:

- Ensure that, in the event of another disaster, the United States is able to collocate relevant federal,

state and local decision makers, including leaders of state National Guards, to enhance unity of effort;

- Ensure officials are prepared to pre-position a fully resourced and integrated interagency federal joint field office to coordinate and, if necessary, direct federal support disasters preceded by warning;

- Ensure situational awareness by establishing rapid deployable communications and instituting a structure for consolidated federal operational reporting to the Department of Homeland Security;

- Collocate a single Department of Defense point of contact at the joint field office and current Federal Emergency Management Agency regional offices to enhance coordination of military resources supporting the response;

- Designate locations throughout the country for receiving, staging, moving and integrating them to ensure the most effective employment of federal disaster relief personnel and assets;

- Identify and develop rosters of federal, state and local govern-

ment personnel who are prepared to assist in disaster relief.

- Employ all available 21st century technologies to update and utilize the national Emergency Alert System in order to provide the general public with advanced notification of and instruction for disasters and emergencies;

- Encourage states to pre-contract with service providers for key disaster relief efforts, such as debris removal and the provision of critical commodities;

- Enhance the mechanism for providing federal funds to states for preparations upon warning of an imminent emergency;

- Improve delivery of assistance to disaster victims by streamlining registration, expediting eligibility decisions, tracking movements of displaced victims, and incorporating safeguards against fraud; and

- Enhance ongoing review of state evacuation plans and incorporate planning for continuity of government to ensure continuation of essential and emergency services.

## Portraits

continued from page 10

Face of the Fallen was named as one of the top five gallery exhibitions for 2005 by the Washington Post, said Polan, who teaches at Washington's Corcoran Gallery. She also teaches seminars on the contemporary art scene in New York and Washington. Polan said creating the exhibit was a gut reaction for her. "My mother had died at the age of 81 a few months before I got this idea, and it was a difficult time for me," she explained.

"In trying to deal with my own grief, I decided to reach out to others. One way I have of getting through difficult times is working. If you feel like you doing something for somebody else, you will not think about yourself so much."

"I wanted to create something permanent that would honor all the men and women who lost their

lives and offer some kind of support to their families," she said. "It was a task too big for one person to do, nor should one person do it."

The idea to create Faces of the Fallen came to her one morning when she saw four pages of thumbnail photographs of servicemen and women who were killed in Iraq and Afghanistan in the Washington Post.

"I intuitively thought this is something I can do to help others and also deal with my own sense of loss through working," she said. "I didn't really know where we'd show the portraits, I just knew I would show them. I've been incredibly lucky in contacting the right people at the right time to help me do this."

Polan said she made it clear to artists she contacted that the

exhibit was not a statement for or against the war. "This is a honor, a memorial so these lost lives wouldn't be forgotten," Polan said she told the artists.

John Phelps is a professional artist who painted the portrait of his own fallen son, Marine Corps Lance Cpl. Chance Phelps, who was killed in Iraq at the age of 19. Otherwise, Polan assigned portraits arbitrarily to the various participating artists, in chronological order by date of death.

"A lot of the artists have developed relationships with family members of men and women they portrayed," Polan noted. "Artists are an intelligent group of people who often don't have a public voice. This has given them an opportunity to speak up through their artwork."

4X4 LAND, INC.  
3 x 3"  
Black Only  
3x2 4x4Land AprTF

BOX N SHIP  
3 x 3"  
Black Only  
3x3 Box N Ship

FIRSTASSEMBLY OF GOD-MANHATTA  
2 x 4"  
Black Only  
2x4 First Assembly/God April

LITTLE APPLE CHORUS  
2 x 4"  
Black Only  
2x4 Little Apple Chorus

EYECARE ASSOCIATES OF MANHATTA  
2 x 4"  
Black Only  
2x4 Eyecare Assoc





LITTLE APPLE TOYOTA/HONDA  
6 x 21.25"  
R&L Color 6021.5 Lit. App. Toyo





## Sports news in brief

### Rec staff plans canoe trips

Authorized users of the Fort Riley Outdoor Recreation Center can sign up for upcoming canoe trips on the Kansas River.

The trips totals 10.3 miles from the U.S. Highway 24 Bridge to St. George. Participants should plan to be gone between 9 a.m. and 4 p.m.

Trips are being planned for June 3 and 17, July 8 and 29 and Aug. 5 and 19.

Cost per person is \$15, which includes rental fees for canoe, paddles and life vest and transportation to and from the Outdoor Recreation Center.

Anyone interested should register at the Outdoor Recreation Center, 9011 Rifle Range Road.

For more information, call 239-2363.

### Class teaches fishing skills

The Outdoor Recreation Center will offer a free class teaching bass fishing techniques April 27 at Moon Lake on post. Everyone 16 years and older may participate.

The class will teach about bass fishing in Kansas waters, tournament fishing strategies, tactics for catching more bass, tips for selecting tackle, ways to find more bass and insights into bass behavior.

To register, visit the Outdoor Recreation Center at 9011 Rifle Range Road or call 239-2363 or 239-6368.

### Center hosts family nights

Family fitness nights are scheduled from 6:30 to 7:30 p.m. April 21, May 19, June 23, July 28 and Aug. 25 at the Fort Riley Teen Center, Building 5800.

The nights offer a free opportunity for parents and children to work out and exercise together in a high energy environment.

For more information, call the Youth Sports Office at 239-9223 or 239-9200.

### Ball sign-ups through April 28

Sign-ups for T-Ball, baseball and softball for youth ages 5 to 13 is open noon to 5 p.m. Monday through Friday until April 28 at Central Registration in Building 6620.

Practices will begin the week of May 22. Games will begin June 5.

Registration fees are \$40 for the first child and \$32 for each additional child.

There is an \$18 CYS yearly registration fee for each child, up to a maximum of \$40 for the yearly family registration fee.

All participants must have a sports physical with them or on file at the time of registration. This form must be dated on or after July 31, 2005.

For forms or more information, call the Youth Sports Office at 239-9223 or Central Registration at 239-4847.

### Golf course open for play

Custer Hill Golf Course is open for play 8 a.m. to dusk Tuesday through Sunday.

The golf club will host a Ladies Golf Clinic at 3 p.m. April 25.

For more information call 784-6000.

# Taking aim

## Outdoor Rec equips families for summer fun

Staff report

Bowhunters looking for target practice can set their sights on the Outdoor Recreation archery range.

Hunters with their own equipment can use the range free on a walk-in basis, said Outdoor Rec facilities manager Carol Alexander. They can use the range 24-7 without supervision of Outdoor Rec Center staff, as long as they have signed a liability release form at the center, she said.

"The majority do (bring their own equipment)," Alexander said. "We also have bows and arrows they can rent. The (adult) bows we have are 20- to 30-pound pull weight. We also have 10- to 20-pound pull weight bows for children under age 7," she said.

Hunters can supply their own targets or rent targets from Outdoor Rec. Small 3-D targets and large animal targets are available. The range already has straw bales on it for target practice, and archery enthusiasts can place the bales any distance they want, she said.

The center also offers trap shooting on its range and rents the clays if the shooter needs them. During normal business hours, trap shooters will be assisted with releasing clays, but after hours, they can bring someone with them to operate the trap machine, she said.

However, they also must sign a liability release form, call range control at 239-4281 to let people there know they are shooting on the range and fly a red flag while they are shooting, she added.

In addition to the archery range, Outdoor Rec offers a variety of services for those wishing to enjoy the great outdoors. "We have boats and tents and canoes," Alexander said. The center has several

pop-up and hardshell campers, a Pro 175 Bass Tracker fishing boat and two pontoon boats for rent, as well as a wide range of primitive camping gear, including tents, lanterns, stoves and coolers.

Other equipment for rental includes water skis, life jackets, sports equipment, Global Positioning Systems, an ice cream cart on bike tires, fishing poles, camping chairs, and a wide range of picnic and outdoor party equipment.

Outdoor Rec is located at 9011 Rifle Range Road. Normal operating hours are 9 a.m. to 5 p.m. Tuesday through Friday and from 8 a.m. to 4 p.m. Saturday.

"You can't miss us, because we're the lone building," Alexander said. "I call us the little house on the prairie."

Post file photo  
**An Outdoor Rec employee takes aim at a target. Bows and arrows are just an example of the equipment that can be rented at Outdoor Rec.**

### Partial rental list:

**Aluminum canoes and kayaks** — \$14 for a day, \$25 per weekend  
**Pontoon boat** — \$125 for a day, \$200 per weekend  
**Boat with three arrows** — \$5 for a day, \$10 per weekend  
**3D large archery targets** — \$7 for a day, \$12 per weekend  
**Mountain bike with helmet** — \$9 for a day, \$15 per weekend  
**Fishing pole** — \$2 per day, \$4 for a weekend  
**Canopy 20 by 20 feet** — \$58 for a day, \$110 per weekend  
**Canopy 40 by 80 feet** — \$100 for a day, \$180 per weekend  
**Inflatable "Moon Walk"** — \$92 for a day, \$150 per weekend  
**Six-person tent** — \$12 for a day, \$150 per weekend  
**Camper** — \$40 a day, \$70 per weekend

\*Some items require a deposit.

Outdoor Rec is located at 9011 Rifle Range Road.

Hours: 9 a.m. to 5 p.m. Tuesday through Friday and from 8 a.m. to 4 p.m. Saturday.

## Softball to start in May

### Post gears up for springtime softball games

By Mike Heronemus  
Editor

Slow-pitch softball for company, battalion men and battalion women begins May 9. Teams should already have submitted letters of intent, but late-comers will be placed on standby status to play if other teams drop out or forfeit two consecutive games and are removed from play, said Barry Sunstrom, post intramural sports coordinator.

Company teams can contain men and women, he said. If battalions do not have enough women to form their own team, the women can play on the battalion men's team but play according to men's rules, he added.

Team players must be listed on a unit's "alpha roster," Sunstrom emphasized. Attached personnel are not considered eligible to play, he said.

Players who begin with one company-level team but find themselves being reassigned to another company or battery within the same battalion will finish the season playing with their original team, he said.

Players who are reassigned to another battalion will move to that battalion's team, he said.

Players can change from game to game, he said, but the sports office needs to have the most current "alpha roster" to verify each player is an eligible team member. "If we find someone playing who is not on the 'alpha roster,' you lose," he stressed. Updated "alpha rosters" can be submitted as often as necessary, he said.

Soldiers who want to play but whose company has no team will be placed on another team, the sports staff after a determination is made about which team can best use the new player, Sunstrom said.

Sunstrom emphasized commitment on the part of every team. "If you sign up to play, we expect you to play," he said. Sunstrom said he tries to schedule games around unit commitments, such as training or special activities, so teams will be able to play every game.

Teams who forfeit two games in a row are eliminated from play,

See Softball, Page 16

## Soldier reels in 8th place at ESPN tourney

### Team Sole turns its shared love of fishing into more than just a hobby

By Amanda Kim Stairrett  
Staff writer



Post/Stairrett

Spec. Brandon Smith puts his bass back into a fish bag held by B.A.S.S. tournament manager, Tom Holder, April 9 at the ESPN Outdoors Bassmasters Series event at Milford Lake. Smith caught two bass for a total weight of 5 pounds, 13 ounces, which gave him an eighth place finish at the event. Smith is a Soldier in the 648th ASG Medical Hold Unit.

Bobby Tindal and Spec. Brandon Smith met two years ago when Smith started working in the brace shop at Irwin Army Community Hospital. Tindal, who served as active duty Army from 1990 to 1994 and Smith, a Soldier in the 648th Area Support Group, shared a love for bass fishing. Soon the two started fishing together and this year decided to form a team, seek sponsors and enter bass fishing competitions.

"I love fishing, he loves fishing, so we started fishing," Smith said.

Smith placed 10th at the ESPN Outdoors Bassmasters Series regional March 19 at Grand Lake, Okla., and 8th April 9 at Milford Lake. He and Tindal plan on traveling to Wilson, Kan., Sept. 10

and El Dorado, Kan., Oct. 1.

April 9's ESPN event is part of an eight-region tournament held throughout the United States. Milford Lake is in the Midwest Region's Jayhawk series, which consists of four events at Grove, Okla., Milford Lake, Wilson Lake and El Dorado Lake.

Smith caught 5 pounds and 13 ounces of bass April 9. His biggest fish weighed 3 pounds, 2 ounces. He caught 10 pounds and 12 ounces of fish at the Grove event.

Tindal and Smith, Team Sole Bass Fishing, named after one of the sponsors, plan on entering the Jackpot Buddy Bass Series starting in May and the Cabela's Adhem Scholarship later this month. The two have also begun fishing on the American Bass Angler's Circuit at Milford and Tuttle

See ESPN fishing, Page 16

Sports news briefly

Youth swimmers sought for club

Swimmers in grades three through eight may register through April 28 to participate on a post swim club. If enough interest is shown, the club may become a USA Swimming team and compete throughout Kansas in December 2006 or May 2007.

Cost is \$20 per month. Swimmers can register at Central Registration in Building 6620.

For more information, call the Youth Sports Office at 239-9223 or 239-9220.

Junior golfers get pro time

Three sessions of junior golf will be held for kids ages 5 through 18 at Custer Hill Golf Course. The sessions will be May 16 to June 27, July 11 to Aug. 15 and Aug. 29 to Oct. 3. Golfers ages 5 through 10 will play from 5:15 to 6 p.m. Tuesdays. Golfers ages 11 through 18 will play from 5:15 to 6 p.m. on Thursdays.

The cost is \$60 for six weeks. Registration begins April 17. Ten spaces will be available in each class.

Guard Start begins at pool

Guard Start, a lifeguard training program, will be offered every Saturday through May 6 at Eyster Pool. Cost is \$35 per person.

Guard Start is designed for youth ages 11 through 14 and provides a foundation of aquatic and leadership knowledge, attitudes and skills that will prepare them for future and successful completion of the Red Cross Lifeguard Training course.

Participants must be able to swim the front crawl for 25 meters continuously while breathing to the front or the side, tread water for one minute

using arms and legs and submerge and swim under water for 10 feet.

Spring golf tourney slated

The Garrison spring golf tournament is scheduled to tee off at noon May 12 at Custer Hill Golf Course.

The team scramble event will be limited to first 25 teams of four players to sign up. Entry fee is \$45 per person or \$180 per team. Club members may deduct \$10 from their fee.

Mulligans will be available at \$20 per team.

Price includes green fees, carts, food, limited beverages and prizes.

Martial arts class offered

Okinawan Karate Shorin-Ryu classes will be offered at the Fort Riley Teen Center for youth ages 5 to 10 and 11 to 18. The instructor will be Jeffrey Foisy.

Youth ages 5 to 10 will attend classes from 10 to 11 a.m. or from 2 to 3 p.m. every Saturday. Cost is \$45 per month.

Youth ages 11 to 18 will attend classes from 11 a.m. to noon or from 12:30 to 2 p.m. every Saturday. Cost is \$55 per month.

Registration for classes begins April 14. Fifteen spaces are available in each class.

For more information, call 239-4847.

Racquetball to begin sign-up

Fort Riley youth can register at Central Registration June 19-30 to participate in a racquetball program.

The program will run July 17 through Aug. 11. Cost is \$20 with current CYS registration.

For more information, call CYS at 239-4847.

ESPN fishing continued from page 15

Creek lakes.

The team uses money from its sponsors, which are Sole Custom Footbeds, JJ Marine, Short Stop Wakefield, Tindal O&P Associates, Sneak's Unlimited Bait and Tackle and Persuader Premium Bass Baits, to pay for entry fees, gas and equipment. Costs for one tournament can run into the thousands of dollars.

Spending all that money doesn't guarantee a contestant will catch fish. Tindal and Smith have entered tournaments and not caught any fish.

"It's frustrating when you fish hard and come in with nothing," Tindal said. "But there's something that makes me register for the next one."

That "something" is a passion the two have for bass fishing. Both have fished since they were children. At 5 years old, Tindal caught a 7.5-pound largemouth bass after it snapped his fishing

Want to fish?

To find out more information about Team Sole Bass Fishing, or if you're interested in getting involved, contact Brandon Smith at (785) 375-7458.

rod.

"I was hooked," he said.

He takes his 4-year-old son, Cody, fishing now and said if he ever catches that 7.5-pound bass, he would get the "bug" too.

Smith didn't catch the bass bug until he was in junior high, but shares the same passion for the sport. Smith spends a "bare minimum" of 12 hours a week on the lake fishing and Tindal spends six to eight.

"That 30 seconds of excitement lasts you all day," Smith said.

He calls himself an addict.

"It's the only thing that gets me

out of bed at 4:30 in the morning," Smith said.

The members of Team Sole Bass Fishing don't take themselves too seriously. They are serious about the sport, but fish to have fun. The team wants to share their love for the sport by getting other Soldiers involved.

Tom Holder, ESPN Outdoors Bassmasters Series tournament director, has military ties himself. Holder is a retired command sergeant major, and the last two positions he held were the commandant of the U.S. Army First Sergeant School at Munich, Ger-

many, and the school brigade at Fort Benjamin Harrison, Ind., in 1989. He was also a drill sergeant for three years.

Holder said he always encouraged Soldiers to make every effort to prepare themselves for the transition back to civilian life.

"I had hobbies including fishing and golf and friends in the fishing tournament business. My involvement was easy as it is something I really enjoy," he said.

He said he was always proud of his Soldiers and enjoyed representing them as a command sergeant major.

"I do miss soldiers and being around them. There is that bond among those that serve that others cannot fully appreciate," he said.

Amanda Kim Stairrett can be contacted at amanda.kim.stairrett@riley.army.mil or 239-3977.

Softball continued from page 15

he said.

Before regular league play begins, the post will host its annual Spring Fling Softball Tournament May 6-7.

Teams can enter for \$40, but must have at least 10 players. Deadline for entry is May 3.

For more information about tournaments and regular season play, call the sports office at 239-3945 or 239-2172.

SAMC softball tournament open to post teams

Staff report

The Fort Riley Sergeant Audie Murphy Club plans to sponsor a softball tournament on post June 3-4.

Registered American Softball Association teams can enter for \$125 and must submit entry and fee to tournament director Gary Ream by May 30.

Non-registered teams must pay an additional \$20 ASA reg-

istration fee. Ream can be called at (785) 717-3502, (785) 239-3131 or (785) 239-3120.

Six teams must enter in order for the tournament to take place.

The tournament will be double elimination and teams must provide their own ASA approved softballs.

Tournament brackets will be available on June 2. Games will be played according to rules and regulations of the 2006 ASA

Official Guide and Rule Book.

Post regulations require players to wear a shirt, tank top or T-shirt at all times while on the post softball complex. Metal cleats are not allowed at the complex.

Trophies will be awarded for the first- and second-place teams and up to 15 individual awards will be given to members of the first-place team.

U.S. ARMY REENLISTMENT  
6 x 10.5"  
Black Only  
671634 Wedgewood PO 1/9

MANHATTAN SHOE REPAIR  
2 x 2"  
Black Only  
2x2 MarshShoe Apr TP

FIRST SOUTHERN BAPTIST  
2 x 2"  
Black Only  
2X2 1st South Baptist

Sports news briefly

Co-ed summer softball forming

The Fort Riley Sports Department is organizing a co-ed summer softball league planned to run May 9 to Aug. 13.

The league is open to the active duty military, their spouses, Department of the Army civilians and contractors working on Fort Riley. Fort Riley housing areas, civilian directorates and contracting companies are encouraged to form teams within their own organizations; however, eligible participants may combine in any fashion to make a team as long as the team composition meets the gender requirements.

A team must consist of 10 players (five male and five females) with the following position requirements: two males and two females in the infield and outfield, and one male and one female as pitcher or catcher.

The entry fee for this league is \$120, payable upon registration. Teams must register by April 28 at the Fort Riley Sports Office, Building 202, between the hours of 8 a.m. and 4 p.m.

Pool sponsors swim program

The Eyster Pool staff is sponsoring a "Swim for My Life" program that encourages personal fitness by swimming laps. Each participant can earn a water bottle for swimming 25 miles, a T-shirt for swimming 50 miles, a baseball cap for swimming 100 miles and a sweatshirt for swimming 200 miles.

For information on the program, call the pool staff at 239-9441.

Field house, pool activities listed

King Field House and Eyster Pool staffs have scheduled several activities and classes scheduled for the coming week, including:

**April 22** – 8:30 to 9:30 a.m., King Field House, spinning class

**April 23** – 2 to 4 p.m., Riley Wheels at King Field House, family skate, \$1 per ID card holder

**April 24** – 8:30 to 10:30 a.m., King Field House, Fit Force I; 9 to 10 a.m., spinning class; noon to 1 p.m., fitness yoga; 4:30 to 5:30 p.m., turbo kick; 5:45 to 6:30 p.m., Eyster Pool, abs, buns and thighs; 5:45 to 6:45 p.m., King Field House, total body toning

**April 25** – 6:30 to 7:30 a.m., King Field House, PT power time; 9:30 to 10:30 a.m., Eyster Pool, water aerobics; 5 to 6 p.m., Eyster Pool, water aerobics; 6 to 7 p.m., King Field House, spinning class

**April 26** – 9 to 10 a.m., King Field House, spinning class; 5:45 to 6:30 p.m., Eyster Pool, abs, buns and thighs

**April 27** – 6:30 to 7:30 a.m., King Field House, spinning class; 9 to 10 a.m., King Field House, Revol-X; 9:30 to 10:30 a.m., Eyster Pool, water aerobics; noon to 1 p.m., King Field House, fitness yoga; 3:30 to 4:30 p.m., King Field House, spinning class; 5 to 6 p.m., Eyster Pool, water aerobics; 6 to 7 p.m., King Field House, spinning class

For more information, call 239-2813.

Scion slam set for May

Staff report

Spring, hot weather and the outdoors go hand-in-hand with basketball, if you're talking about the Scion Slam 2006 Tour coming to Fort Riley.

The popular 3-on-3 basketball tournament will be held at Rally Point from 8 a.m. to 6 p.m. May 20 with the winning team earning \$1,000. The runner-up team earns \$500 and the third-place team gets \$250.

The day will include 3-point shooting and free throw contests, a Hip Hop DJ and emcee, test drives of Scion automobiles, and a possible custom car show with no entry fee and cash prizes for best personalization, most creativity and best style.

In case of rain, activities will move into King Field House.

The tournament is open to all authorized users of Morale, Welfare and Recreation facilities, including active duty, retired and reserve or National Guard military members, their families and Defense Department civilian employees who are at least 17 years old.

To register or for more information, go to [www.scion.com/scionslam](http://www.scion.com/scionslam).

USAA CORPORATION- AFC  
3 x 21.25"  
Black Only  
652036 her minivan's got room

VALASSIS AFC  
3 x 12"  
Black Only  
679827 feels like spring put/7



# Author suggests people get out of cars to enjoy springtime wildflowers

By Levi Wolters  
Kansas State University

MANHATTAN, Kan. — Michael Haddock has some very simple advice for outdoor lovers this spring:

"Get out of your cars and walk through the prairies. It is hard to see the wildflowers and grasses going down the road at 65 mph. A number of the early spring wildflowers are very short and easily overlooked."

Haddock, chair of the sciences department at Kansas State University Libraries, is the author of the field guide, "Wildflowers and Grasses of Kansas." The book, which includes 264 wildflowers and 59 grasses, sedges and rushes, is the first on Kansas wildflowers or weeds to appear in 25 years.

Manhattan residents who want to take Haddock's advice about getting out of the car and enjoying some of Kansas' best wildflowers, plants and grasses don't have to go far this spring.

"The Konza Prairie Biological Station south of Manhattan is a great place to look for spring wildflowers," Haddock said.

"Keep in mind, though, that some wildflowers occur in only certain parts of Kansas and not everywhere."

Haddock has a list of locations around the state he likes to roam when looking for wildflowers. They include the Tallgrass Prairie

## Haddock's book

Published by the University Press of Kansas

Cost: \$19.95.

Available in Manhattan at most local bookstores. It also is available at Amazon.com.

National Preserve in Chase County, Lake Wilson in Russell County, Lake Scott State Park in Scott County, Monument Rocks in Gove County, the Gypsum Hills area in Barber County, Kanopolis Lake in Ellisworth County and Elk City Lake in Montgomery County.

Haddock's Web site, <http://www.lib.k-state.edu/wildflower/>, gives a comprehensive listing of Kansas' grasses and wildflowers, including a number of species that aren't mentioned in the book.

Though he knows where to look and what to look for on his nature walks, Haddock said he has a hard time picking out a favorite Kansas plant or flower.

"Every plant that I encounter is fascinating in its way, so I cannot really say that I have true favorites," he said.



Post/Blackmon

Flowers bloom on post. Haddock's book, "Wildflowers and Grasses of Kansas," includes 264 wildflowers and 59 grasses, sedges and rushes.

## Sports news briefly

### Roller rink open for family fun

Riley Wheels Skating Rink in King Field House operates from 8 to 10 p.m. Fridays, 6 to 8 p.m. and 8 to 10 p.m. Saturdays and 2 to 4 p.m. Sundays. Family skating is offered ID card holders for \$1 per family member on Sundays.

For more information, call 239-3764.

### Custer Hill Lanes lists events

Custer Hill lanes is open Daily for Lunch from 11:00 a.m. to 1:00 p.m. Bowl a game

April 22 - 4 to 7 p.m., family time extreme bowling

April 22 - 10 p.m. to 1 a.m. April 23, extreme bowling

April 23 - 4 to 6 p.m., family time extreme bowling.

Custer Hill Bowling Center, Building 7485, offers open bowling 5 to 11 p.m. Tuesdays through Thursdays, 5 to 10 p.m. Fridays and 3 to 11 p.m. Saturdays.

For more information about Bowling Center activities, call 239-4366.

### Training offered PT borderliners

With command approval and support, Soldiers with borderline Army Physical Fitness Test scores can be on their way to being more fit and improving their scores through Fit Force I.

Participants in the new fitness program will train with the post fitness staff from 8:30 to 10:30 a.m. every Monday for

eight weeks. A weekly training schedule will be established and followed to get participants on the track to success.

For details on how to register, visit the fitness department or call 239-2813 or 239-3146.

### Firearms range open

Fort Riley's Range 9 for privately owned firearms is open for use on weekends by authorized patrons. The range may be open other days or confirmed dates may change. Anyone wanting to use the range should first check with Outdoor Rec at 239-2249 to confirm the range is open.

The range is usually open despite inclement weather. If the range is to be closed because of severe weather or extreme cold or heat, the range officer scheduled for duty will notify Range Control and Outdoor Recreation.

Military police man the gate to the range area and inspect for range pass and that all weapons have the proper Provost Marshal's Office registrations. The vehicle pass for the range can be picked up at the Outdoor Recreation Center.

Firearms owners also can register weapons at the Outdoor Rec Center, although it is recommended owners take a list of their weapons and serial numbers they wish to shoot at Range 9 to the PMO's Physical Security Office. Staff in that office will issue the proper paper work once the process is completed.



# Fort Riley Community Life

Friday, April 21, 2006

America's Warfighting Center

Page 19

## Community news briefly

### Volunteer recognition set

A volunteer recognition ceremony will kick off a week of events recognizing youth and adults who have volunteered their time to various battalions and organizations at Fort Riley.

Certificates and medals will be presented at the ceremony April 24 at 7 p.m. in Riley's Conference Center.

During the ceremony, the Fort Riley Volunteer of the Year, as well as 27 battalion and organization nominees, four youth nominees and 18 housing area mayors and assistant mayors will also receive recognition.

### Great travel deals offered

Stop by ITR for early bird discounts for Country Stampede, a savings of \$10, available through April 28. Country Stampede is a party with thousands of friends, national recording artists and four days of nonstop music and fun June 22-25 at Tuttle Creek State Park.

The 18th annual O'Reilly NHRA Summer Nationals, May 25-28 at Heartland Park in Topeka. Discount ticket order deadline is May 19.

Kansas City Brigade Arena Football discount tickets are still available for the May 6 game through April 28.

Call ITR, Building 6918 for further info at 239-5614.

### Nurse Advice Line open

Irwin Army Community Hospital Nurse Advice Line can be accessed by calling 239-DOCS (3627) or 1-888-239-DOCS and pressing the prompt requesting the Nurse Advice Line. This service is available Monday through Friday from 7:30 a.m. to 7:30 p.m. and Saturday and Sunday from 9 a.m. to 5 p.m.

Registered nurses are available to handle calls regarding a health or symptom related problem, or calls with questions related to disease management. The Advice Nurse can also schedule appointments if one is deemed necessary.

### Yearly exams offered

The Irwin Army Community Hospital gynecology clinic has set aside May 18 and 19 for Pap smear, pelvic and breast exams. These important examinations should be performed yearly. The clinic will further conduct birth control consultations on those days. "Our desire is to reach all women in our community who have not had these exams in over a year. We want to ensure they have the opportunity to get their well-woman gynecological care in a timely manner," states Cpt. Meedeen Charles, M.D., obstetrics and gynecology staff physician.

### Yard sale date set

The post-wide yard sale will be from 8 a.m. to 4 p.m. May 6.

### Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

# Hunting season

## Kids hunt Easter treats at Riley's

By Anna Morelock  
Staff writer

Parents and kids waited eagerly along the sidewalk running behind Riley's Conference Center April 16 for a chance for the kids to hunt Easter eggs tucked away amidst the grass and dandelions.

Over 2,000 brightly colored plastic Easter eggs filled with candy and prize tickets were separated into grassy areas for the different age groups. Hidden in one egg in each age group, 3 to 5, 6 to 8 and 9 to 12, was a grand prize ticket for a new bicycle. Other prizes included stuffed animals and hoola hoops.

"It's just supposed to be a lot of fun for the whole family," said event organizer Angelia Lentz of Community Recreation. Lentz began each hunt with a blast of her air horn and the kids took off running to collect their treats.

Besides the egg hunt, kids also jumped in and rolled down an inflatable slide and bouncer. Some kids balanced plastic eggs on spoons and hid the plastic eggs. One of the BOSS Soldiers dressed as the Easter bunny for the day and strolled around the grounds stopping often to crouch down for photo with one of his many admirers.

Volunteers from the Better Opportunities for Single Soldiers program showed up at 10 a.m. Easter day to set up the games and hide the plastic eggs.

One of the BOSS Soldiers dressed as the Easter bunny for the day and strolled around the grounds stopping often to crouch down for photo with one of his many admirers.

Anna Morelock can be contacted at [anna.morelock@riley.army.mil](mailto:anna.morelock@riley.army.mil) or 239-3032.



Ethan Spencer stumbles upon a hoard of eggs at the Fort Riley Easter Egg Hunt and stops to add them to his basket. Spencer participated in the hunt for children ages 3 to 5. The kids hunted more than 2,000 plastic Easter eggs during the event, which was held at Riley's Conference Center April 16.

Post/Morelock

### Additional Photos

See more photos on page 22 from the Fort Riley Easter Egg Hunt April 16 at Riley's Conference Center.

## 64th annual AER campaign begins

Special to the Post

Since 1942, AER has been helping Soldiers and their families remain confident and self-reliant during times of financial need.

Last year, campaign contributions of \$6.9 million helped provide more than \$38 million of direct financial assistance to some 42,000 Soldiers and their families.

The Fort Riley AER Fund Drive will be conducted April 14 through May 15. Last year Fort Riley collected \$88,919.06 for the AER Fund Drive. This year's goal is \$60,000.

In 2005, every 12 minutes

some where in the world a U.S. Army Soldier obtained AER assistance for essentials such as

food, shelter, automobile repairs or emergency travel. AER financial support prevents unnecessary distractions, enabling Soldiers to focus on the mission and be ready to fight and win our Nation's wars.

In a letter from the Department of the Army, Secretary of the Army Francis J. Harvey and U.S. Army Chief of Staff Gen. Peter J. Schoomaker said, "As we are committed to winning the Global War on Terrorism, we are also committed to ensuring support and assistance for all Soldiers in their time of need."

Each year we ask you to support the one organization, founded by the Army, whose mission is to

See AER, Page 20

## Web site links troops to help

'America Supports You' links Soldiers to public, corporate, private help

By Donna Miles  
AFPS

WASHINGTON — Servicemembers or military family members who need help may find the support they need just a few computer mouse clicks away on the "America Supports You" Web site.

The green button on the [www.AmericaSupportsYou.mil](http://www.AmericaSupportsYou.mil) site takes military members to a long list of resources and "America Supports You" partners, all standing by and ready to help, said Allison Barber, deputy assistant secretary of defense for public affairs.

If you need assistance...



log on to

[www.AmericaSupportsYou.mil](http://www.AmericaSupportsYou.mil)

The DoD program connecting you and your family with military support organizations

They include traditional military and government programs as well as corporate, grassroots and individual efforts that help meet needs the Defense Department simply can't, said Barber, who

came up with the "America Supports You" program concept and oversees its operations.

For example, one link on the page takes visitors to organizations that donate frequent-flier miles so family members and friends can visit wounded troops recovering from combat injuries. Another links to groups that renovate homes and build ramps to accommodate returning troops' wheelchairs, all at no charge, Barber said.

While many groups on the site focus specifically on wounded troops, many support all servicemembers and their families in

See Support, Page 23

## Marriage & Military Life

## Five tips for PCS moves can help lessen stress

By Gene-Thomas Gomulka  
Retired Navy chaplain

In order to reduce stress that can accompany a permanent change of station, it's important not to wait until the last minute before preparing for your move, particularly if one has orders overseas or during the summer months when most transfers take place.

As soon as you receive orders, contact your transportation and shipping office and make an appointment to meet with a relocation counselor who can advise and assist you with your move.

While government housing may be available at one's next duty station, the need or option to rent or buy a home can best be handled by utilizing house hunting leave that does not affect

one's annual leave.

Some questions that need to be answered early in this regard are:

Are government quarters available that will meet your needs given the size of your family and the amount of household goods you possess?

If you are interested in buying a home, are the demographics in the area supportive of your needs

See PCS tips, Page 21

### About the author

Gene-Thomas Gomulka is a retired Navy chaplain and author of "The Survival Guide for Marriage in the Military."

Have a question? Write Gene-Thomas at [letters@plaintec.net](mailto:letters@plaintec.net)



## Military 'brats' cope with challenges, thrive





## Community news briefly

### April promotes awareness

April is Sexual Assault Awareness month. Victims of sexual assault or those who want information about the Sexual Assault Prevention and Response Program can contact the Sexual Assault Response Coordinator at 239-2991. For 24-hour response call 307-1373.

Active Duty Soldiers have two options in reporting an assault.

To make a restricted report, victims should contact the SARC, Installation Victim Advocate or Unit Victim Advocate, Chaplain, or Medical Provider. The information given to these individuals does not have to generate an investigation by command or law enforcement. To make an unrestricted report, victims should report an assault to their chain of command and law enforcement to initiate the investigative process.

The Sexual Assault Response Program gives soldiers more choice in who can receive their report of sexual assault.

### On-post residents to receive survey

Within the next couple of weeks, Fort Riley family housing occupants will be receiving a Resident Assessment Survey from Headquarters, Department of the Army.

The survey offers the Soldier

and family members the opportunity to tell if their on-post housing needs are being met. The information they provide will help with future improvements for housing facilities and services. Answers are strictly confidential.

Answering the survey honestly will provide the Army information that can help make a difference.

Questions regarding the survey may be addressed locally to Derina Williams of the Housing Office at 239-3381 or 239-0660.

### Ranch offers horse riding

Military families can sign up for horseback riding from 9 a.m. to 2:30 p.m. May 6 at Sun Rock Ranch.

Cost is \$25 per person but may be increased by \$5 if the class isn't full.

Sign up at the Outdoor Recreation Center, Building 9011 on Rifle Range Road, or call 239-2363 by May 4.

### School Age Services listed

April 22 – 10 a.m. to 1 p.m., free child care for families of deployed Soldiers or Soldiers who have returned within the last three months.

For more information, call 239-9220.

# 'Here's to Heroes' program extended

## Anheuser-Busch extends free park ticket program for a year



Courtesy photo

Sailors ride "Montu," a roller coaster at Busch Gardens in Tampa Bay, Fla., during summer 2005.

By Paul X. Rutz

AFPS

WASHINGTON — Anheuser-Busch will extend its free amusement park tickets program, "Here's to the Heroes," for another year.

The company had planned to end it early this year, said Fred Jacobs, communications director for Anheuser-Busch adventure parks; but, "we recognize that this is a very difficult time, and we wanted to let (the troops) know that our company appreciates their service, their commitment to the country."

"It just happens that one of the most meaningful things that we

can give to the servicemembers is free admission to our parks. So it's lucky that we're in the theme park business. It allows us to deliver something meaningful to families," he said.

The program is open to active duty servicemembers, active members of the Reserve or National Guard and up to three direct family members for one complimentary admission per year. Participants can go online at [www.herosalute.com](http://www.herosalute.com) to fill out a form for free admission.

The amusement parks participating in the program include "Sea World" parks in Orlando, Fla., San Diego and San Antonio;

See Park visits, Page 23

## PCS tips continued from page 19

(e.g., proximity of good schools, commute distance to your work site, employment opportunities for spouse, increasing real estate values, etc.)?

If you plan on renting, before contacting a realty company, have you visited the base housing office that often provides a list of apartments, townhouses and homes for rent according to areas and price ranges?

Over the years, we all acquire items that we no longer use or need. Rather than having them transported to a new duty station, it's best to donate them to charity or hold a

yard sale. This is particularly important if one has orders overseas or is moving into a home smaller than the one that is being vacated. Packing and unpacking is hard enough without having to waste time on unpacking junk that takes up space and requires energy to store.

The U.S. Postal Service provides various forms that can help having one's mail forwarded either to an interim address or directly to one's new address. While first class mail will be forwarded up to one year following one's move, it's best to inform family, friends, utilities,

banks and credit card companies, magazine publications and others of one's new address as soon as one is resettled. Preparing these notifications early can reduce the potential for bills not being paid or credit card interest being assessed due to late payments.

Some couples and families arrive at their new duty station and discover that there may not be certain conveniences that were available at their prior location. They may have had roomier quarters, better schools or shorter commutes. Others may be upset that they were sent to a particular place instead of a command that

was at the top of their dream sheet.

From an appreciation of who we are and what we have received; whereas, unhappiness derives from a preoccupation with who we are not or what we have not received; people are a lot happier who come to appreciate what their new duty station has to offer.

Think positively, explore your new surroundings, make new friends and your new tour of duty might end up being the best one of your entire career.

AFTER DARK VIDEO  
2 x 2"  
Black Only  
2X2 After Dark Video Feb TP

CANDLEWOOD HEALTH MART PHARMAC  
2 x 2"  
Black Only  
2X2 Candlewood Health Mart TP

SCREEN MACHINE  
2 x 2"  
Black Only  
2X2 Screen Machine Apr TP

FOUR SEASONS RV ACRES  
3 x 10.5"  
Black Only  
3x10.5 Grand Opening

DEVRY UNIVERSITY  
3 x 10.5"  
Black Only  
3x10.5 DeVry





## Ready, set, hunt

Above: At the sound of the air horn, kids in the 6- to 8-year-old group take off running in search of plastic Easter eggs filled with goodies during the post Easter Egg Hunt April 16 at Riley's Conference Center. More than 2,000 eggs were hidden in the grass for the hunt. The eggs were filled with candy and prize tickets.

Right: Kids climb through an inflatable obstacle course set up at the Easter Egg Hunt April 16 at Fort Riley. When not hunting for eggs, the kids played on the inflatables, participated in an egg race and egg toss and met the Easter Bunny.



Post/Morelock

Post/Morelock

## Community news briefly

### Stories feature Curious George

Curious George will be visiting the Fort Riley Library for a special 4 p.m. story time April 22.

Curious George will read one of the classic "Curious George" stories and visit with the kids. The stories by H. A. Rey have been childhood favorites for many generations.

Many adults remember these lively books, and will have a chance to introduce the mischievous monkey to their own families.

This event is made possible by the Dorothy Bramlage Public Library staff members, who are taking the "Curious George" character on a tour of area libraries.

The 1:30 p.m. stories on April 22 will be "Altogether Now" and "Bunny My Honey" by Anita Jeram.

The Post Library is located in Building 5306 on Custer Hill. Operating hours are 11 a.m. to 6 p.m. Tuesday through Saturday, and noon to 5 p.m. Sunday.

For more information, call 239-5305.

### FCC providers needed on post

More home childcare providers are being sought from among post residents.

Requirements to be a family child care provider include the successful completion of background clearances on all family members over age 12 living in the home, the ability to read, write and speak English effectively, the ability to interact with children in a loving, positive and developmentally appropriate manner, being 18 years of age or older and living in on-post housing.

Family Child Care holds an orientation meeting the second Thursday of each month from 2:30 to 3:30 p.m. at Child and

Youth Services, Building 6620. The next orientation will be May 11.

For more information, call the FCC representative at 239-9892.

### SAS plans spring carnival

School Age Services will host its spring carnival from 6 to 8 p.m. April 28.

The carnival will include a theater performance of "Harts and Tarts," the Boys and Girls Club's movie making project, and other activities for children and parents.

For more information, call 239-9220.

### Teen Center lists activities

April 21 - 6 to 11 p.m. family movie night

April 22 - 3 to 4 p.m., youth sponsorship

April 22 - 6 to 11 p.m., Manhattan movie theater with snacks after

April 28 - 8 to 10:30 p.m., middle school dance

April 29 - 6 to 9 p.m., family potluck and parent advisory meeting

For more information, call the Teen Center at 239-9222.

### Support Center lists activities

April 24 - 9 a.m. to 1 p.m., Spouse Activity Day

April 24 - 6 to 9 p.m., movie and popcorn

April 26 - 1:30 to 3 p.m., briefing for stateside permanent change of station

For more information, call the Soldier and Family Support Center at 239-9435.

USADISCOUNTERS  
3 x 10.5"  
Black Only  
B&H/PU 4/07/06

FT. RILEY EDUCATION SERVICES  
3 x 10.5"  
Black Only  
3X10.5 Ft. Riley Ed Svcs



## Community news briefly

### Spring PTA carnival planned

Come one, come all! Fort Riley Elementary School, 104 Morris Avenue is conducting its annual Spring PTA Carnival from 4 to 7 p.m. April 29th.

Children and adults will have the opportunity to participate in games, entertainment and food. Some of the games include the cake walk, duck pond, bowling and football toss.

Entertainment for the evening includes Clarabelle's Performing Art Citadel, a K-9 demonstration and The Commanding General's Mounted Color Guard. Also available are at least 15 opportunity baskets that have different themes such as chocolate, Dog Lover's, Scrapbooking, and Cinco de Mayo. Game tickets are 25 cents while opportunity chances are \$1. Join everyone for hot dogs, ice cream and drinks. Money raised benefits the students at the school. For more information contact Fort Riley Elementary School at 717-4500.

### AER expands spouse program

Army Emergency Relief is expanding its Spouse Education Assistance Program to the United States.

Financial assistance is provided as a grant and is awarded based on financial need as evidenced by income, assets, family size, special financial obligations and circumstances. The maximum grant amount is \$2,500 for the 2006-2007 academic year.

The scholarships are awarded annually for up to four academic years to attend post secondary school full-time as undergraduate level students. Second undergraduate or graduate level courses are not included.

The scholarship money can be used for tuition, books, supplies and fees and will be paid by AER directly to the college or university.

Applications are available for

downloading on AER's Web site, [www.aerhq.org](http://www.aerhq.org); at AER Sections; or by mail from Headquarters, AER.

The deadline for receipt of completed applications for the upcoming academic year is May 22. Mailed applications and supporting documents must be received or postmarked by May 22 or earlier to be considered on time.

For more information, visit [www.aerhq.org](http://www.aerhq.org) on the Web, read pertinent sections of the AER Officer's Reference Manual or contact Diann Evans at [kiann@erhq.org](mailto:kiann@erhq.org).

### Rally Point offers entertainment

**April 21** – Family Night from 5 to 8 p.m., dance music 8 p.m. to close

**April 22** – Midnight to 4 a.m. April 9, Late Nite Hip Hop with DJ Monroe

**April 26** – 20-cent wing night and dance music from 8 p.m. to close

**April 27** – 8 to close, dance music

**April 28** – Family Night from 5 to 8 p.m., dance music 8 p.m. to close

**Wednesdays** – Crazy Karaoke and 20-cent wing night 5 to 8 p.m.

**Thursdays** – Request night Fridays – Family night with movie, dance and buffet from 5 to 8 p.m. and mixed dance night from 8 p.m. to close

**Saturdays** – Hip Hop from 11 p.m. to 4 a.m. Sunday with DJ Monroe

For more information, call Rally Point at 784-5434

### Parents' advisory council to meet

The Parent Advisory Council at Fort Riley meets the first Thursday of each month from 4 to 5 p.m. in the training room at Building 6620. The next meeting is May 4.

Meeting agendas include program updates and parent information. For more information about the council, call 239-9850.

### Crafts center lists activities

**April 23** – 1 to 3 p.m., scrapbooking get-together

**April 24** – 6:30 to 8:30 p.m., beginning sewing

**April 24** – 6:30 to 8:30 p.m., stained glass for beginners (class 4)

**April 24** – 7 p.m., crochet, knitting and cross stitch

**April 25** – 6:30 to 8:30 p.m., beginning sewing

**April 25** – 6:30 to 8:30 p.m., stained glass class for beginners (class 5)

**April 26** – Noon to 1 p.m., "Make It, Take It"

**April 26** – 6:30 to 8:30 p.m., stained glass for intermediate and advanced

Open hours for using the Arts and Crafts Center's wood shop, ceramics studio, matting and framing studio, computer lab, photography lab and doing stained glass, sewing, quilting, basket weaving and leatherwork are:

Monday and Tuesday from 1 to 8:30 p.m.

Wednesday from 9 a.m. to 4:30 p.m.

Saturday and Sunday from 9 a.m. to 4:30 p.m.

For more information, call the Arts and Crafts Center at 239-9205.

### Car seat safety checks offered

Anyone wanting a child's car seat checked by a safety expert should call 239-2514 to make an appointment. Appointments are available from 1 to 3 p.m. Tuesdays and Thursdays at Building 407, Pershing Court.

Children younger than 4 are required to sit in car seats. Those 4 and older must wear seat belts. Child safety advocates say children 4 to 7 years old should sit in booster seats that allow seat belts to fit them properly.

## Park visits

continued from page 21

"Busch Gardens" parks in Tampa, Fla., and Williamsburg, Va.; "Sesame Place," a children's play and water park, near Philadelphia; "Adventure Island" water park in Tampa, and "Water Country USA" water park in Williamsburg.

Jacobs said more than 900,000 people took advantage of the program in 2005, and awareness is growing. He expects a total of 2 million participants by this year's end.

A lot of reservists are taking part in the program, which is great

to see, he said. "We know that (service in the reserves) requires a commitment that is serious and praiseworthy, and it was important to us to open up the program to them," he said, noting that reservists and National Guard troops often now deploy overseas alongside their active duty colleagues.

Anheuser-Busch has a long history supporting the troops, Jacobs said. The company has supported scholarship funds, parties for troops and other projects. It also is a corporate member of

"America Supports You," a Defense Department initiative facilitating grassroots and corporate support for America's troops and their families.

"We get probably something on the order of 300 or 400 e-mails, letters and calls on this a week and some of those are really very touching," he said. "If anybody takes away from the experience that this company appreciates what they're doing, then we've kind of done our job."

## Support

continued from page 19

need. Some offer free phone cards for deployed troops so they can call home without stressing their budgets. Others send care packages and letters of encouragement to deployed members.

Still others help families keep the home fires burning during their loved one's deployment. Recognizing that family finances often get tight during deployment, some groups pitch in to cover emergency expenses or pick up the tab on niceties that too often go by the wayside during a deployment, Barber said.

One "America Supports You" team member, for example, cut a check directly to a mechanic to pay for a military family's desperately needed car repairs, she said. Another pays for camps for deployed National Guard members' kids.

"I don't want a second grader to not go to basketball camp because their mom or dad is deployed – especially when we have people who are ready to pay for that camp," Barber said.

Barber acknowledged that the

"America Supports You" program represents a culture change for servicemembers who traditionally have depended on the military community for the support they need. But it's an important shift that ultimately means better, more complete support for troops and their families, she said.

While recognizing the tremendous value of initiatives conducted at the service and Department of Defense levels, Barber said the "America Supports You" program provides a conduit to services and programs beyond DoD's scope.

"These are not programs that the Department of Defense is equipped to run," she said. "There are certain things that our grassroots groups and corporate team members can do for the military community that the military is not necessarily equipped to handle in the same way," she said.

Since its inception in November 2004, the "America Supports You" program has provided a direct link that never existed before between the American public and the country's men and

women in uniform. "It's a connector campaign for military members and their families," she said.

"What 'America Support You' has done is connect America's passion for the troops to the troops," Barber said. "We are doing it on a national scale and we just can't do enough."

The program has gained steady momentum during the past year, expanding to a vast network that includes 25 corporate and 188 grassroots organizations.

Barber urged military members and families in need, or who know someone who is, to visit the "America Supports You" page to tap into the resources available to them.

"'America Supports You' might not have all the answers for everyone, but it sure will have a lot of answers and a lot of solutions for people," Barber said. "We want to make sure that people add the 'America Supports You' program to their toolbox when they need help or when they're helping someone."

## HOUSE FILL AD

CHARTER COMMUNICATIONS- THAYER  
3 x 10.5"  
Black only  
3X10.5 Charter #7068

AMERICAN FAMILY INSURANCE  
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Black Only  
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## HOUSE FILL AD

ST. XAVIER HIGH SCHOOL  
2 x 4"  
Black Only  
2x4 Kindergarten Round up

BROOKS YAMAHA  
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Black Only  
2x5 Repair ad

SETH CHILD CINEMAS  
2 x 5.5"  
Black Only  
2X5.5 Seth Child Cinema Apr

Classified Runover  
4 x 21.25"  
Black Only









# Travel & Fun in Kansas

Page 26

America's Warfighting Center

Friday, April 21, 2006

## Leisure time ideas

### At the movies:

Doors open at 6:30 p.m. Tickets cost \$3.50 for adults and \$1.75 for children 11 and under. Children under the age of 5 are free except during children's matinees or expected sell-outs.

**April 21** — *Madagascar* (PG) 99 Min

**April 22** — *16 Blocks* (PG-13) 105 Min

**April 23** — *Running Scared* (R) 124 Min

**April 27** — *16 Blocks* (PG-13) 105 Min

**April 28** — *Aquamarine* (PG) 109 Min

**April 29** — *The Shaggy Dog* (PG) 98 Min

**April 30** — *Ultraviolet* (PG-13) 87 Min

For more information, call 784-2226 or 784-2640.

Get away and explore Kansas. Check out details on these and other events on the Kansas Travel and Tourism Web site, [www.travelKS.com](http://www.travelKS.com).

### Topeka:

**What:** Earth Day Concert on the Prairie. Bring your chairs and blankets and enjoy the lyrical songs of the prairie as sung by Kansas' own singer/songwriter, Ann Zimmerman.

**When:** 4-30 p.m., April 22

**Where:** 7240 10th St., W. Clement Stone Nature Center

**Phone:** (785) 832-7980

**Web site:** [www.stonenature-center.com](http://www.stonenature-center.com)

**Admission:** Adults \$6; children \$4; families up to 5 people \$15; group rates available

## Wife needed

### Character's lack of a wife causes chaos

By Anna Morelock

Staff writer

Jason Kingsley has some marital problems in Junction City Little Theatre's production of "One Toe in the Grave." The problem is that he isn't married.

Kingsley, who is played by Randy Dykstra, works for a company that requires its executives to be wed. Since he isn't Kingsley invents himself a bride who, conveniently, is stricken with a lethal disease and unable to make public appearances.

When the over-the-counter ointment company that employs Kingsley miraculously stumbles on a cure for the disease that is taking Kingsley's wife, Thornton "T.B." Murdock (played by Joseph P. Miller, Jr.) heads over to present the cure.

In a panic to find a wife or someone to stand in for her, Kingsley finds himself in a chaotic mess.

"It's very cute with a lot of twists and turns that you've got to pay attention to," said Rebecca Clouse, the show's producer.

### If you go:

**Where:** Junction City Little Theatre

**When:** 8 p.m. April 21-22; 2 p.m. April 23; 8 p.m. April 28-29

**Admission:** Adults \$10; students \$7



Post/Morelock  
Jason Kingsley, played by Randy Dykstra tries desperately to explain to his new fiancée Monica "Nikki" Channing, played by Ilene Martin, why she needs to put on her nightgown for his boss's visit for dinner.

BRIGGS AUTO LANE  
6 x 10.5"

6x10.5 Roll Color #119 Briggs

